



REDUCE THE RISK

REDUCE EL RIESGO



COVID-19 is caused by an infection with a coronavirus first identified in 2019 (CO stands for corona, VI for virus, and D for disease). COVID-19 spreads when an infected person breathes out droplets and very small particles that contain the virus. These droplets and particles can be breathed in by other people or land on their eyes, nose, or mouth.

Symptoms: Fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea. *This list does not include all possible symptoms.

Variants (for example, Delta, Omicron) of the virus are expected to occur. Slowing the spread of the virus by protecting yourself and others can slow the emergence of new variants.

Protective Measures

- ◆ Wear a face mask (cloth, surgical, or KN95) - ensure it is used correctly by covering the nose and mouth
- ◆ Sanitize your hands - wash with soap and water for at least 20 seconds or use hand sanitizer
- ◆ Test - if you have symptoms or if you were exposed to COVID-19
- ◆ Keep at least 6 ft distance between you and other people
- ◆ Get vaccinated / boosted

Vaccines: COVID-19 vaccines are effective at protecting people from getting seriously ill. Stay up to date with the recommended vaccines. Four (4) COVID-19 vaccines are approved in the U.S.: Pfizer-BioNTech, Moderna, Novavax, and Johnson & Johnson.

Treatments

Not in the hospital - to treat mild to moderate symptoms of COVID-19

- ◆ Symptoms for 5 days or less - must be given within 5 days after the first symptoms of COVID-19 appear
 - ◆ Paxlovid™: For adults and children who are 12 years of age and older, weighing at least 88 pounds
 - ◆ Lagevrio (molnupiravir): For adults 18 years and older
- ◆ Symptoms for 7 days or less - must be given within 7 days after the first symptoms of COVID-19 appear
 - ◆ Bebtelovimab: For adults and children 12 years or older (weighing at least 88 pounds) at high risk for serious COVID-19. This treatment is for when other COVID-19 treatment options approved or authorized by the FDA are unavailable or not clinically appropriate.
 - ◆ Veklury (remdesivir) - This antiviral treatment is for people who are not in the hospital and for people staying in the hospital. People who are not in the hospital must go to an IV infusion center to receive this treatment.

* There are other treatments available for people in the hospital

Updated 08/23/2022. Information is evolving rapidly. Our understanding of COVID-19, variants, and vaccines continues to evolve. For updated information, check other trusted sources like the CDC.

COVID-19 es causado por una infección con un coronavirus identificado por primera vez en 2019 (COVID por siglas en inglés - CO significa corona, VI para virus y D para enfermedad). El COVID-19 se propaga cuando una persona infectada exhala gotitas y partículas muy pequeñas que contienen el virus. Estas gotitas y partículas pueden ser inhaladas por otras personas o aterrizar en sus ojos, nariz o boca.

Síntomas: Fiebre o escalofríos, tos, dificultad para respirar o dificultad para respirar, fatiga, dolores musculares o corporales, dolor de cabeza, nueva pérdida del gusto o del olfato, dolor de garganta, congestión o secreción nasal, náuseas o vómitos diarrea. *Esta lista no incluye todos los síntomas posibles.

Variantes: Se espera que ocurran variantes (por ejemplo, Delta, Omicron) del virus. Reducir la propagación del virus protegiéndose a sí mismo y a los demás puede retrasar la aparición de nuevas variantes.

Medidas de protección

- ◆ Use un cubrebocas (de tela, quirúrgica o KN95) - asegúrese de que se use correctamente cubriendo la nariz y la boca
- ◆ Desinfecte sus manos - lávese con agua y jabón durante al menos 20 segundos o use desinfectante para manos
- ◆ Prueba: si tiene síntomas o si estuvo expuesto al COVID-19
- ◆ Mantenga al menos 6 pies de distancia entre usted y otras personas
- ◆ Vacúnese / Obtenga las dosis de refuerzo

Vacunas: Las vacunas contra la COVID-19 son eficaces para proteger a las personas de enfermarse gravemente. Manténgase al día con las vacunas recomendadas. Cuatro (4) vacunas COVID-19 están aprobadas en los Estados Unidos: Pfizer-BioNTech, Moderna, Novavax y Johnson & Johnson.

Tratamientos

No en el hospital: para tratar los síntomas leves a moderados de COVID-19

- ◆ Síntomas durante 5 días o menos: debe administrarse dentro de los 5 días posteriores a la aparición de los primeros síntomas de COVID-19
 - ◆ Paxlovid™: Para adultos y niños que tienen 12 años y más, pesan al menos 88 libras
 - ◆ Lagevrio (molnupiravir): Para adultos mayores de 18 años
- ◆ Síntomas durante 7 días o menos: debe administrarse dentro de los 7 días posteriores a la aparición de los primeros síntomas de COVID-19
 - ◆ Bebtelovimab: Para adultos y niños de 12 años o más (que pesen al menos 88 libras) con alto riesgo de COVID-19 grave. Este tratamiento es para cuando otras opciones de tratamiento de COVID-19 aprobadas o autorizadas por la FDA no están disponibles o no son clínicamente apropiadas.
 - ◆ Veklury (remdesivir) - Este tratamiento antiviral es para personas que no están en el hospital y para personas que permanecen en el hospital. Las personas que no están en el hospital deben ir a un centro de infusión intravenosa para recibir este tratamiento.

* Hay otros tratamientos disponibles para las personas en el hospital

Actualizado el 23/08/2022. La información está evolucionando rápidamente. Nuestra comprensión de COVID-19, variantes y vacunas continúa evolucionando. Para obtener información actualizada, consulte otras fuentes confiables como los CDC.

tephi.texas.gov

TEPHI TEXAS EPIDEMIC PUBLIC HEALTH INSTITUTE



**COVID-19 TESTING AND FLU AND COVID-19 VACCINE SITES
SITIOS PARA LA PRUEBA Y LA VACUNA DE COVID-19**

COVID- 19 Testing Sites maps | Mapa para los sitios de prueba para COVID-19
epstrong.org/testing.php#map

Covid-19 Vaccine And Flu Locator Map - Mapa Para Encontrar Locación De
Vacunas Para Covid-19 Y Gripe - vaccines.gov/search

COVID-19 Hotline | COVID-19 línea directa: (915) 212-6843
*Over 240 Languages Spoken | Mas de 240 idiomas disponibles

Caneles Medical Services LLC (956) 487-2711
2790 Pharmacy Rd STE A, Rio Grande City, TX 78582

CVS (956) 756-6001 1205 Us-83, Zapata, TX 78076
https://www.cvs.com/store-locator/zapata-tx-pharmacies/1205-north-us-highway-83-zapata-tx-78076/storeid=10817?WT.mc_id=LS_GOOGLE_FS_10817

Daniel's Pharmacy 2 (956) 265- 9634
408 N, US-83 STE B, Zapata, TX 78076

Family Health center (956) 487 -5621
408 N, US-83 STE B, Zapata, TX 78076
<https://www.healthgrades.com/group-directory/tx-texas/rio-grande-city/family-health-center-llp-oorpvcj>

Gateway Community Center (956) 765-4367
210 N Rathmell Ave, Zapata, TX 78076
<http://www.gatewaychc.com/>

HEB English Only
https://www.heb.com/heb-store/US/tx/rio-grande-city/rio-grande-city-h-e-b-plus-13?utm_source=google&utm_medium=organic&utm_campaign=gmb_stores

Us-83: (956) 487-0905, 4031 Us-83, Rio Grande City, TX 78582

St Mary's St: (361) 325- 2910, 700 S St Mary's ST, Falfurrias, TX 78355

Lino's Pharmacy <https://linospharmacyrx.com/>
N Grant St (956) 849-1811 708 N Grant St, Roma, TX 78584
FM 3167 (956) 488- 1811 201 FM 3167 #101-102, Rio Grande City, TX 78582

Nuestra Clínica del Valle <http://www.nuestraclinicadelvalle.org/>
Canales Circle (956) 849- 2100 683 N Canales Circle, Roma, TX
N Garza (956) 849- 0846 600 N Garza, STE A, Rio Grande City, TX 78582

Popular Pharmacy (956) 317- 1112
5326 E Us HWY 83 STE A 5, Rio Grande City, TX 78582
<https://www.mypopularrx.com/services-and-products>

Public Health Department (956) 765- 4851
1306 Kennedy ST, Zapata, TX 78076

Rio Grande Pediatric Clinic (956) 765- 4851
1306 Kennedy ST, Zapata, TX 78076

Walmart INC (956) 487-0090
4534 Us-83, Rio Grande City, TX 78582
https://www.walmart.com/store/1958-rio-grande-city-tx?cn=Tracking_local_pack_1
English only

Texas Department of Housing and Community Affairs 1-800-525-0657
<http://http://www.tdhca.state.tx.us/>
Current News Releases (state.tx.us)

FOOD PANTRY & MEAL SERVICES - DESPENSAS Y COMIDAS

Bethal Mission, Inc. (956) 847- 4550
200 N Bethel ST, Roma, TX 78584

Casa de Esperanza (956) 263-0562
804 Ringgold ST, Rio Grande City, TX 78582

Child Wellness Network (956) 263-1387
214 Chaparral BLVD, Rio Grande City, TX 78582

Colonia Unidas PCT #1 / La Rosita (956) 849- 2606
4192 W. HWY 83, Rio Grande City, TX 78582

Colonias Unidas PCT #2 (956) 849- 3102
20 FM 650, Roma, TX 78582

Colonias Unidas PCT #4 (956) 487 - 2922
2235 FM 755, Rio Grande City, TX 78582

First Bapstist Church San Isidro (956) 369- 5984
5270 FM 1017, San Isidro, TX 78588

Outcry in the Barrio (956) 486- 2791
835 N. FM 3167, Rio Grande City, TX 78582

Pentecostal Church of God - Food Distribution Center
488 Post Office St. Salineno, TX 78585

La Rosita Communications (956) 849-3585
4439 W, US-83 #2, Rio Grande City, TX 78582

South Texas College (956) 735- 4233
142 FM 3167, Rio Grande City, TX 78582

South Texas Food Bank (956) 726-3120
<http://www.southtexasfoodbank.org>
Call main office in Laredo for agency near you and hours of service

Starr County Precinct 2 (956) 849-7371
500 E Grant ST, Roma, TX 78584

FUNERAL ASSISTANCE – ASISTENCIA FUNERARIA

Covid-19 Funeral Assistance – FEMA
844-684-6333 Call to apply

LEGAL AND OTHER ASSISTANCE

Hidalgo County Bar Association - serves Starr County
(855) 380-1927
(956) 380-3697

Starr County Courthouse Annex (956) 716-4800
100 N. FM 3167, Rio Grande City, TX 78582

Texas Rio Grande Legal Aid (956) 996- 8752
[https://www.trla.org/offices#:~:text=If%20you%20need%20legal%20assistance,996%2DTRLA%20\(8752\).](https://www.trla.org/offices#:~:text=If%20you%20need%20legal%20assistance,996%2DTRLA%20(8752).)
509 N. San Antonio S, Rio Grande City, TX 78582
Toll Free 833-329-8752

Texas Rio Grande Legal Aid-Edinburg Office- serves Starr county (956) 393-6200
<http://www.trla.org/>
316 S Closner Blvd, Edinburg, TX 78539

AgriStress Helpline for Texas (833)-897-2474
The AgriStress Helpline is a free and confidential crisis and support line that you can call or text 24/7

Family and Youth Success
(956) 724-3177
(830) 629-6571
Crisis intervention and counseling, short term counseling for at risk youth and their family's emergency care, youth life skills and parenting classes
http://www.dfps.state.tx.us/Prevention_and_Early_Intervention/About_Prevention_and_Early_Intervention/FAYS.asp

South Plains Association of Governments
Phone number: 211 available 24/7
Free information and referrals about local community organizations and resources
<https://www.211texas.org/>
Suicide and Crisis Lifeline 988
<https://www.samhsa.gov/find-help/988>

CHILDCARE - GUARDERÍA

Bambini Learning Institute L.L.C. (956) 847- 4484
2716 E Grant, Roma, TX 78584

The Edutainment Zone (956) 844-0580
<http://theedutainmentzone.com/>
689 E Grant St, Roma, TX 78584

WIFI SERVICES- INTERNET GRATUITO

Map of free WIFI in Texas
<https://trla.maps.arcgis.com/apps/instant/nearby/index.html?appid=a9d55f725956422dbc810ae9d40f7a78>

Spanish version of the map
<https://trla.maps.arcgis.com/apps/instant/nearby/index.html?appid=10e7d0cd23f7488aba9b3f5b21272024&locale=es>

Rio Grande City Public Library (956) 487-4389
<https://www.rgclibrary.org/>
591 E Canales ST, Rio Grande City, TX 78582

HOUSE EXPENSES | GASTOS DEL HOGAR

Roma Housing Authority (956) 849- 9830
469 Canales Cir, Roma, TX 78584

South Texas Development Council Community Service Program
(956) 849-1000
<https://stdc.cog.tx.us/community-services/>
4192 W HWY 83, Rio Grande City, TX 78582

Starr County Community Assistance Programs Map
<https://www.esc1.net/Page/2147>

Starr County Housing Authority (956) 849 9830
1988 N Charco Blanco, Rio Grande City, TX 78582

Texas Department of Housing and Community Affairs 1-800-525-0657
<http://tdhca.state.tx.us/>