

BRANDON CREIGHTON

STATE SENATOR  DISTRICT 4

Dear Friends,

I have heard from a lot of you and hope you will continue to reach out if you have questions or need assistance. Here are a few questions I've heard over the last few days.....

- What should I do if I feel sick?
- What is social distancing?
- What should I do to help my elderly parents?
- How to I explain to my teenager why he should care about Covid 19?
- What should I do if I think I may have the virus?

The list goes on, but below you will find several videos and helpful articles to answer these questions. I appreciate everyone who has reached out to me, and hope you will continue to use my office as a resource.

God Bless Texas,



Capitol office (Austin): 512-463-0104

The Woodlands District office: (281) 292-4128

Beaumont District office: (409) 838-9861

COVID-19

A VIDEO OF HOW YOU CAN STOP THE SPREAD OF GERMS



COVID-19

WHAT OLDER ADULTS NEED TO KNOW




COVID-19

VIDEO: WHAT IS SOCIAL DISTANCING?



COVID-19

A MESSAGE TO YOUNG AMERICANS



THE WHITE HOUSE'S CORONAVIRUS GUIDELINES FOR AMERICA

15 DAYS TO SLOW THE SPREAD

U.S. and state health officials have issued the following guidelines:

- IF YOU FEEL SICK, stay home. Avoid going to work, school, or public places.
- IF YOUR CHILDREN ARE SICK, keep them at home. Do not send them to school. Contact your child's provider.
- IF SOMEONE IN YOUR HOUSEHOLD HAS TESTED POSITIVE for the disease, you should consider staying at home or avoiding public places until you feel better.
- IF YOU ARE AN OLDER PERSON, stay at home as much as possible.
- IF YOU ARE A PERSON WITH A WEAK IMMUNE SYSTEM, you should consider staying at home as much as possible.

For more information, visit www.whitehouse.gov/coronavirus



Coronavirus Disease 2019 COVID-19

Patients with COVID-19 report mild to severe respiratory illness.


Symptoms can include:

- Fever
- Cough
- Shortness of breath

- Symptoms may appear 2-14 days after exposure.
- Seniors and those with medical conditions are at higher risk and should pay extra attention for these symptoms.
- If you have these symptoms visit dshs.texas.gov/coronavirus for instructions on what to do.

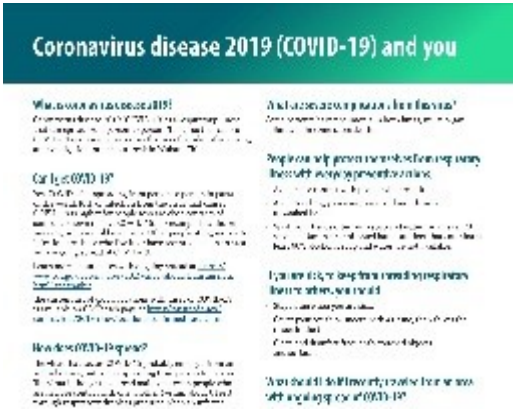
COVID-19

For updates and more information, visit dshs.texas.gov/coronavirus

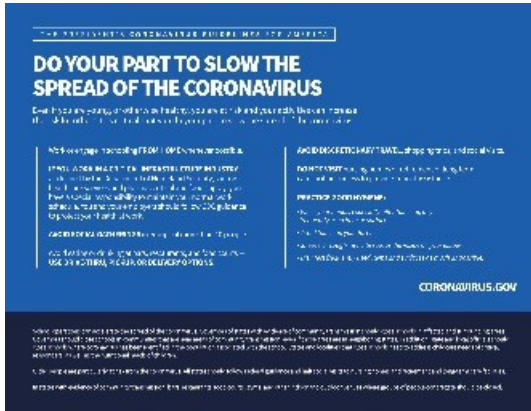


[Click here](https://www.whitehouse.gov/coronavirus) to view the White House's recommendations to slow the spread of Covid 19.

Wondering what Covid 19 symptoms look and feel like? [Click here](https://dshs.texas.gov/coronavirus) for a helpful list of what to look out for.



[Click here](#) for Covid 19 Frequently Asked Questions



What can we all do to slow the spread? [Click here](#) to learn more.

Senate District 4
Public Health Department Website and Contact Number

[Harris County](#)
Health Department Mainline : [\(832\) 927-7575](tel:8329277575)

[Montgomery County](#)
Health Department Mainline : [\(936\) 523-5020](tel:9365235020)

[Chambers County](#)
Health Department Mainline: [\(409\) 267-2731](tel:4092672731)

[Jefferson County](#)
Health Department Mainline : [\(409\) 835-8530](tel:4098358530)