

This document includes COVID-19 social media messages with key information and recommendations. Please feel free to use and share these social media messages to help inform the public about COVID-19. Please tag @TexasDSHS when posting graphics or animations from our [#HealthyTexas COVID-19 Communication Tools](#). Thank you for helping slow the spread of COVID-19.

Recommended Instagram Hashtags:

#Texas #Houston #Dallas #Austin #SanAntonio #IGTexas #WestTexas #DFW #FortWorth #EastTexas #NorthTexas #SouthTexas #Lubbock #Amarillo #ElPaso #RGV #PublicHealth #TexasPublicHealth #TexasHealth #Coronavirus #COVID19

How to Prevent COVID-19

Facebook/Instagram

Simple steps help stop #COVID19. Take ALL steps to best prevent getting and spreading COVID-19.

Together for a #HealthyTexas:

- Stay 6 feet apart from folks you don't live with
- Wear a face covering in public
- Wash your hands often
- If sick, get tested then stay home
- Clean often-touched items and surfaces
- Cover coughs and sneezes
- Don't touch your face

For #COVID19TX updates and info, visit dshs.texas.gov/coronavirus or follow @TexasDSHS on Facebook, Instagram and Twitter.

Twitter

Simple steps help stop COVID-19. Take ALL steps to best prevent getting and spreading #COVID19.

Learn more: bit.ly/39hUqm5 #COVID19TX #HealthyTexas

How COVID-19 Spreads

Facebook/Instagram

Knowing how COVID-19 spreads can help prevent getting and spreading coronavirus. Protect yourself and those closest to you by knowing how COVID-19 spreads and by taking steps to stop germs.

Together for a #HealthyTexas:

- 📏 Stay 6 feet apart from folks you don't live with
- 😷 Wear a face covering in public
- 🧼 Wash your hands often
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How does COVID-19 Spread?



- The virus is thought to spread from person-to-person when they are in close contact, usually six feet of each other.



- The virus spreads through respiratory droplets from the nose and mouth of an infected person when they talk, cough or sneeze.



- These virus-filled droplets can land in or pass onto the mouths, noses, or eyes of nearby people or be inhaled into the lungs.



- Virus-filled droplets can also land on or pass onto surfaces and often touched things or items like doorknobs, handles, phones, or buttons.

People can spread coronavirus before having symptoms or without ever showing symptoms.

COVID-19
CORONAVIRUS DISEASE 2019



updated 07/1/20
1:00 pm

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

Twitter

Knowing how COVID-19 spreads can help prevent getting and spreading the virus.

Protect yourself and those closest to you by knowing how COVID-19 spreads and by taking steps to stop germs. #COVID19TX #HealthyTexas

How does COVID-19 Spread?



- The virus is thought to spread from person-to-person when they are in close contact, usually six feet of each other.



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COVID-19



updated 07/1/20
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Symptoms

Facebook/Instagram

It's important for everyone to know COVID-19 symptoms and emergency warning signs. If sick, get tested and then stay home. Call a doctor if you have concerning or worsening symptoms. Seek medical attention right away if you or someone else has COVID-19 warning signs. Learn more: bit.ly/2IV3uRh

Together for a #HealthyTexas:

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COVID-19 Symptoms

People with COVID-19:

- have had a wide range of symptoms from mild to severe.
- may have multiple symptoms.
- may show symptoms 2-14 days after exposure to the virus.

Symptoms can include:

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Chills or repeated shaking with chills
- Muscle pain or body aches
- Headache
- Sore throat
- New loss of taste or smell
- Diarrhea, nausea or vomiting
- Congestion or runny nose

Seek medical attention right away if you have any COVID-19 warning signs:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Unable to wake or stay awake
- Bluish lips or face

There may be other symptoms or warning signs. Call a doctor if you have any concerning or worsening symptoms.

Call 911 if you have a medical emergency. Tell the operator you may have COVID-19.

COVID-19
CORONAVIRUS DISEASE 2019

TEXAS
Department of State Health Services

updated 08/11/20 9:00 am

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

Twitter

It's important for everyone to know #COVID19 symptoms and emergency warning signs.

Call a doctor for any concerning or worsening symptoms. Seek medical attention right away for any COVID-19 warning signs. Learn more: bit.ly/2IV3uRh #HealthyTexas #COVID19TX

COVID-19 Symptoms

People with COVID-19:

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COVID-19
CORONAVIRUS DISEASE 2019

TEXAS
Department of State Health Services

updated 08/11/20 9:00 am

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

What to Do If Sick

Facebook/Instagram

Do you know what to do if you get sick with COVID-19? Take these steps to best care for yourself and avoid infecting others.
Learn more: dshs.texas.gov/coronavirus/#ifsick

Together for a #HealthyTexas:

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What to Do If Sick With COVID-19

All Texans:

- If you have a fever, cough, shortness of breath or other COVID-19 symptoms, you may have COVID-19. Get tested but call ahead.
- Most people don't get very sick and can recover at home.
- Keep track of your symptoms. If you have an emergency warning sign, like **trouble breathing**, get medical attention right away.
- Call ahead and mention you may have COVID-19 before getting medical attention or seeing a doctor.
- If you need help finding a doctor in your area, at low or no cost, call 2-1-1.
- Stay home except for medical care and have others or delivery services get essentials for you. Get plenty of rest, fluids, and good nutrition.
- If you live with others, isolate into one room and use one bathroom if possible. The household should take additional steps found at dshs.texas.gov/coronavirus.

Extra steps for people at higher risk:

- People at higher risk for getting very sick with COVID-19 include:
 - People 65 years or older
 - People of any age with underlying health conditions such as heart disease, type 2 diabetes, obesity, and chronic lung disease.
- If you're at higher risk and have COVID-19 symptoms call a doctor.
- If you are not sick enough to be hospitalized, you may be able to recover at home. Follow doctor's instructions or CDC recommendations on caring for yourself at home.

COVID-19
CORONAVIRUS DISEASE 2019



updated 07/1/20
2:00 pm

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

Twitter

Do you know what to do if you get sick with COVID-19? Take these steps to best care for yourself and avoid infecting others.
Learn more:

dshs.texas.gov/coronavirus/#ifsick

#COVID19TX #HealthyTexas

What to Do If Sick With COVID-19

All Texans:

- If you have a fever, cough, shortness of breath or other COVID-19 symptoms, you may have COVID-19. Get tested but call ahead.
- Most people don't get very sick and can recover at home.
- Keep track of your symptoms. If you have an emergency warning sign, like **trouble breathing**, get medical attention right away.
- Call ahead and mention you may have COVID-19 before getting medical attention or seeing a doctor.
- If you need help finding a doctor in your area, at low or no cost, call 2-1-1.
- Stay home except for medical care and have others or delivery services get essentials for you. Get plenty of rest, fluids, and good nutrition.
- If you live with others, isolate into one room and use one bathroom if possible. The household should take additional steps found at dshs.texas.gov/coronavirus.

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 - People 65 years or older
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- If you're at higher risk and have COVID-19 symptoms call a doctor.
- If you are not sick enough to be hospitalized, you may be able to recover at home. Follow your doctor's instructions or CDC recommendations on caring for yourself at home.

COVID-19
CORONAVIRUS DISEASE 2019



updated 07/1/20
2:00 pm

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

If You Think You're Sick

Facebook/Instagram

COVID-19 symptoms can include cough, fever, difficulty breathing, chills, body aches, fatigue, sore throat and more. If you think you are sick, get tested and then stay home. Find COVID-19 testing near you: dshs.texas.gov/coronavirus/testing.aspx

Together for a #HealthyTexas:

- ☑ Stay 6 feet apart from folks you don't live with
- 🧻 Wear a face covering in public
- 🧼 Wash your hands often
- 😊 If sick, get tested then stay home
- 🧹 Clean often-touched items and surfaces
- 🤧 Cover coughs and sneezes
- 🙅 Don't touch your face

For #COVID19TX updates and info, visit dshs.texas.gov/coronavirus or follow @TexasDSHS on Facebook, Instagram and Twitter.

COVID-19:
If You Think You Are Sick

Get tested, call ahead

Stay home when sick and waiting on test results

Avoid close contact and wear a face covering around others

Wash your hands often

COVID-19
CORONAVIRUS DISEASE 2019

TEXAS
Department of State Health Services

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

Twitter

Do you have a cough? Chills or feel feverish? Body aches, difficulty breathing, a sore throat or other coronavirus symptoms? If so, get tested for #COVID19: bit.ly/3jgiASv #HealthyTexas #COVID19TX

COVID-19:
If You Think You Are Sick

Get tested, call ahead

Stay home when sick and waiting on test results

Avoid close contact and wear a face covering around others

Wash your hands often

COVID-19
CORONAVIRUS DISEASE 2019

TEXAS
Department of State Health Services

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Face Coverings Help Slow COVID-19

Facebook/Instagram

Wearing a face covering in public can help stop the spread of #COVID19. My face covering helps protect you, your face covering helps protect me. Take ALL steps to best prevent getting and spreading COVID-19.

Together for a #HealthyTexas:

- 📏 Stay 6 feet apart from folks you don't live with
- 😷 Wear a face covering in public
- 🧼 Wash your hands often
- 🏠 If sick, get tested then stay home
- 🧽 Clean often-touched items and surfaces
- 🤧 Cover coughs and sneezes
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For #COVID19TX updates and info, visit dshs.texas.gov/coronavirus or follow @TexasDSHS on Facebook, Instagram and Twitter.

COVID-19:
Wear a Face Covering in Public

Coronavirus spreads from droplets that come out of your nose and mouth.

Face coverings lower the amount of droplets that could land on people and surfaces.

COVID-19
CORONAVIRUS DISEASE 2019

TEXAS
Department of State Health Services

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

Twitter

Wearing a face covering in public can help stop #COVID19. Take ALL steps to best prevent getting and spreading COVID-19:

- 🏠 Stay home when possible
- 📏 Stay 6 feet apart from folks you don't live with
- 🧼 Wash hands often

#HealthyTexas #COVID19TX

COVID-19: Wear a Face Covering in Public

Coronavirus spreads from droplets that come out of your nose and mouth.

Face coverings lower the amount of droplets that could land on people and surfaces.

COVID-19
CORONAVIRUS DISEASE 2019

TEXAS
Department of State Health Services

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

Caring for Someone Sick

Facebook/Instagram

Do you know what to do if someone in your household gets COVID-19? Follow these steps to care for someone sick while protecting others in your home.

Learn more about caring for someone sick at home: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>

Together for a #HealthyTexas:

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- 🧼 Wash your hands often
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- 🧹 Clean often-touched items and surfaces
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Caring for someone sick with COVID-19

- Monitor** the sick person and call a doctor if symptoms worsen. Know the emergency warning signs.
- Give the sick person lots of **fluids, good nutrition, and rest.**
- Have the sick person stay in **one room** and away from others as much as possible.
- Wash laundry** thoroughly. If laundry is soiled, wear disposable gloves when you touch it. Wash your hands after you remove your gloves.
- If possible, have the sick person use a **separate bathroom**. Avoid sharing personal items like dishes, towels, or bedding.
- Wash your hands frequently.** Clean and disinfect surfaces and objects more often.
- Have the sick person wear a **face covering** around others. Wear a face covering around them.
- If someone in your house has COVID-19, the sick person and all members of the house should **stay home** as much as possible.

COVID-19 CORONAVIRUS DISEASE 2019 | TEXAS Department of State Health Services | updated 07/31/20 12:00 pm

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

Twitter

If someone in your house gets #COVID19, follow these steps to help care for the sick person while protecting others in your home. 🏠👤 #HealthyTexas

Learn more about caring for someone with COVID-19: <https://bit.ly/3a5uKZo> #COVID19TX

Caring for someone who is sick with COVID-19

- Monitor** the sick person and call a doctor if symptoms worsen. Know the emergency warning signs.
- Have the sick person stay in **one room** and away from others as much as possible.
- If possible, have the sick person use a **separate bathroom**. Avoid sharing personal items like dishes, towels, or bedding.
- Have the sick person wear a **face covering** around others. Wear a face covering around them.
- Give the sick person lots of **fluids, good nutrition, and rest.**
- Wash laundry** thoroughly. If laundry is soiled, wear disposable gloves when you touch it. Wash your hands after you remove your gloves.
- Wash your hands frequently.** Clean and disinfect surfaces and objects more often.
- If someone in your house has COVID-19, the sick person and all members of the house should **stay home** as much as possible.

COVID-19 CORONAVIRUS DISEASE 2019 | TEXAS Department of State Health Services | updated 07/31/20 12:00 pm

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

How to Wash Your Hands

Facebook/Instagram

Washing your hands properly and often can help prevent getting and spreading COVID-19. Take these steps next time you wash your hands.

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- 😷 Wear a face covering in public
- 🧼 Wash your hands often
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Twitter

Washing your hands properly and often can help prevent getting and spreading #COVID19. Take these steps next time you wash your hands. #HealthyTexas #COVID19TX



Wash These Parts of Your Hands

Facebook/Instagram

Washing your hands properly and often can help prevent getting and spreading #COVID19. Remember to wash these areas the next time you wash your hands or use hand sanitizer.

Together for a #HealthyTexas:

- 📏 Stay 6 feet apart from folks you don't live with
- 👤 Wear a face covering in public
- 🧼 Wash your hands often
- 🤒 If sick, get tested then stay home
- 🗑️ Clean often-touched items and surfaces
- 🤫 Cover coughs and sneezes
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Twitter

Washing your hands properly and often can help prevent getting and spreading #COVID19. Remember to wash these areas the next time you wash your hands or use hand sanitizer.



Stay Six Feet Apart (video)

Facebook/Instagram

COVID-19 is still spreading in Texas. Stay six feet apart from folks you don't live with. Remember to wash your hands often and wear a face covering in public.

Together for a #HealthyTexas:

- ➡ Stay 6 feet apart from folks you don't live with
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COVID-19 IS STILL SPREADING.

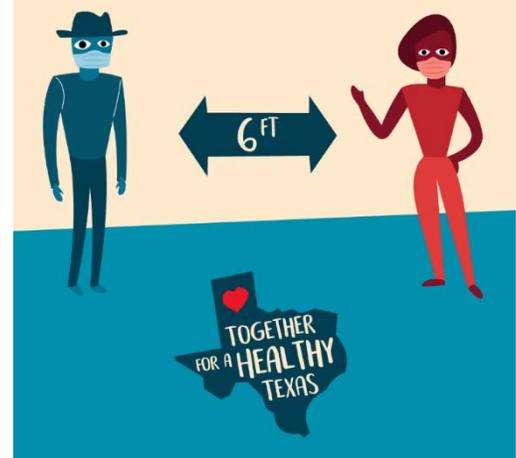


Twitter

#COVID19 is still spreading in #Texas. Stay six feet apart from folks you don't live with. Remember to wash your hands often and wear a face covering in public. #HealthyTexas

For more #COVID19TX updates and information, visit: dshs.texas.gov/coronavirus

STAY SIX FEET APART.



Wear a Face Covering in Public (video)

Facebook/Instagram

#COVID19 is still spreading in #Texas. Wear a face covering in public to help stop the spread. Remember to wash your hands often and stay six feet apart from folks you don't live with.

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COVID-19 IS STILL SPREADING.



Twitter

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COVID-19 IS
STILL SPREADING.



Wash Your Hands Often (video)

Facebook/Instagram

#COVID19 is still spreading in #Texas. Wash your hands often with soap and water for at least 20 seconds. When in public, remember to wear a face covering and stay six feet apart from folks you don't live with.

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Twitter

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For more #COVID19TX updates and information, visit: dshs.texas.gov/coronavirus



How One Affects Many (video)

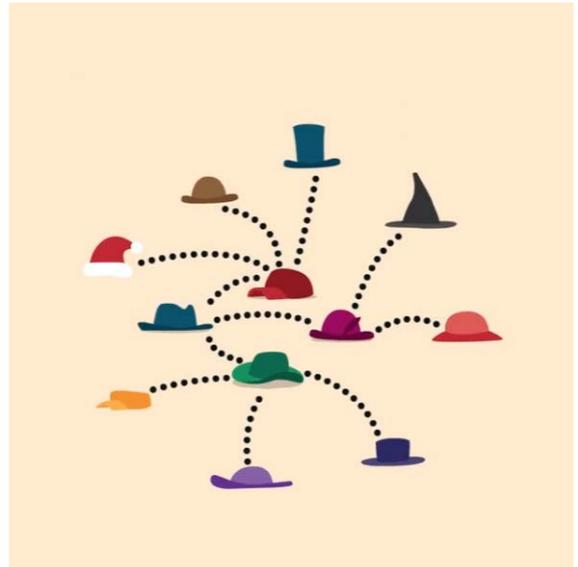
Facebook/Instagram

One person can infect many more. One person can start or stop a long chain of infections. And while you and those closest to you may not be high risk—someone in your chain of infections might be.

Together for a #HealthyTexas:

- 👉 Stay 6 feet apart from folks you don't live with
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