



Dear HGH Patrons and Community Members,

The health and wellness of our community is a top priority. As you are aware, the coronavirus is a recently discovered respiratory virus that has been diagnosed in the United States and other countries around the world. While the healthcare agencies acknowledge the “situation is rapidly evolving,” they also acknowledge that the current risk to the general public is low. The Texas Department of State Health Services has reported a “Total of 13” novel coronavirus, COVID-19, cases statewide. Most of these are among the same group that traveled overseas together and are being monitored by public health because of possible exposure to COVID-19.

With the goal of slowing the spread of the virus into the United States, the federal government implemented a series of travel restrictions and warnings on travel to and from China, South Korea, Iran, Japan, and Italy. If you or a family member has visited any of these countries you should avoid contact with others and follow the voluntary self-quarantine recommendations for at least 14 days.

For most updated travel advisory, please visit <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

**Tips to protect yourself and others:**

- Wash hands with liquid soap and water, rubbing for at least 20 seconds and use alcohol-based hand sanitizer (70%+ Alcohol) when soap is not available.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing and throw the tissue in the trash.
- Avoid touching eyes, nose, and mouth and avoid close contact with people who are sick. If someone is sick, coughing, sneezing stay away by 6 feet.
- If you or your child has flu-like symptoms, including a fever, stay home until you or your child are fever-free without medication for at least 24 hours
- Clean and disinfect frequently touched objects and surfaces. Wipe seats with alcohol or hand sanitizer when sitting in a restaurant, airplane, theater, etc.
- Build immunity from a good diet, adequate sleep, exercise and good practice of hygiene.
- Stay away from big gatherings.
- Instead of shaking hands, greet with the Hindu way of greeting- Namaste.

**If you have questions** or would like more information, **Texas Department of State Health Services contact details** are as follows. DSHS updates the state case count each day by 10 a.m. Central Time.

- **Email:** [coronavirus@dshs.texas.gov](mailto:coronavirus@dshs.texas.gov)
- **DSHS COVID-19 Call Center:** 1-877-570-9779  
Hours: 7:00 a.m. – 6:00 p.m., Monday – Friday

**For local assistance**, see the listing of Coronavirus Disease 2019 (COVID-19) Local Health Entities

- <https://dshs.texas.gov/regions/2019-nCoV-Local-Health-Entities/>

**County-specific updates, please visit the following links:**

<b>Harris County</b>	(713)-439-6000	<a href="http://publichealth.harriscountytexas.gov/Resources/2019-Novel-Coronavirus">http://publichealth.harriscountytexas.gov/Resources/2019-Novel-Coronavirus</a>
<b>Fort Bend County</b>	(281) 342-6414	<a href="https://www.fbchealth.org/ncov/">https://www.fbchealth.org/ncov/</a>
<b>Brazoria County</b>	(800) 511-1632	<a href="https://www.brazoriacountytx.gov/departments/health-department">https://www.brazoriacountytx.gov/departments/health-department</a>

Sincerely,  
HGH Board

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