

Bell County COVID-19 FAQ

Responses are subject to change

Revised 04/03/2020 @ 4:00PM

What are Essential Activities?

- to engage in activities or perform tasks essential to the health and safety of self or other family members or household members
- to obtain necessary services or supplies for self, family or household members or to deliver those services or supplies to others
- to engage in outdoor activities like walking, biking or hiking
- to perform work providing essential products or services or carry out activities related to the Judge's order
- to care for a family member or pet in another household

Essential Services shall consist of everything listed by the U.S. Department of Homeland Security in its Guidance on the Essential Critical Infrastructure Workforce, Version 2.0, plus religious services conducted in churches, congregations, and houses of worship.

Which businesses are closed?

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| <ul style="list-style-type: none">• Bell County Expo Center• Sammons Community Center & Pool• Recreation buildings• Museums• Pool halls• Bowling alleys• Indoor amusement• Community pools• Movie theatres• Gyms• Health Clubs• Indoor sports training• Indoor gun range• Libraries• Vape shops unless providing curbside or delivery of products• CBD shops unless providing curbside or delivery of products | <ul style="list-style-type: none">• Massage parlors• Hair salons to include home services• Nail salons• Spas• Any other physical personal care facilities• Dog grooming• Mattress stores• Clothing stores• Golf pro shops and grills• Florist• Craft stores• Bookstore• Tattoo studios• Piercing studios• Cosmetology salons |
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- For any other businesses not listed above, questions can be directed to <http://tdem.texas.gov/essentialservices/>

Medical

When are updates available?

- Bell County Public Health District website bellcountyhealth.org will update around 2pm M-F
- Press conferences are scheduled as needed
- Watch the local media for information

What are the most common symptoms of COVID-19?

The following symptoms may occur after 2-14 days of exposure:

- Fever, cough, shortness of breath
- Fever can be low grade such as 99.0^F
- Cough may be productive or not
- Chest pain

When should I seek emergency medical attention?

- Severe difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or difficulty to arouse
- Bluish lips or face

How do I seek medical care?

- Call your local provider prior to your visit
- If you do not have a provider, Baylor Scott & White will assign one to you, via <https://my.bswhealth.com/login>
- Click on set up an account and follow the prompts
- You will fill out a short COVID-19 screening form and be able to have an e-visit with a provider to see if you need testing.

Can I meet with out of county health care providers?

- Yes

How does the virus spread?

- Spreads from person to person between people who are in close contact with one another closer than 6 feet via respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouth or nose of people who are nearby or possibly be inhaled into the lungs

Can a person develop an immunity?

- Research is currently insufficient

How do I protect myself?

- Washing your hands OFTEN for at least 20 seconds with warm water and soap especially after being in a public place or blowing your nose, coughing or sneezing
- If soap is not available use a hand sanitizer.
- Sneeze into a tissue and toss in the trash, then wash your hands
- Avoid touching your eyes, nose and mouth with unwashed hands
- Maintain social distancing. Stay at least 6 feet apart from others in public
- Limit close personal contact with others in public

Who is considered a direct contact?

- Person within approximately 6 feet (2 meters) of a COVID-19 case for a prolonged period of time; close contact can occur while caring for, living with, visiting, or sharing a health care waiting area or room with a COVID-19 case
- Having direct contact with the infectious secretions of a COVID-19 case such as being coughed on

How do I know if I am at higher risk of severe illness?

- Over the age of 60
- Heart disease
- Lung disease including asthma
- Kidney disease
- Diabetes
- Pregnant women
- Immunocompromised such as HIV, autoimmune diseases, and cancer

How can I clean and disinfect my surroundings and laundry?

- Wear gloves when possible when cleaning
- Clean and disinfect frequently touched surfaces such as tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them using detergent or soap and water prior to disinfection. To disinfect, most common EPA-registered household disinfectants will work. CDC has a 7 page list of cleaners on their website
- Lysol or Clorox cleaners are preferred. Items such as baby wipes will not kill the virus
- A bleach solution for surfaces can be made using 1/3 cup bleach per gallon of water or 4 teaspoons bleach per quart of water
- For clothing, use the warmest water and launder as labeled
- Use a separate laundry bag for people infected

Can I still go to my therapy appointments?

- Therapy such as physical therapy, occupational therapy, acupuncture, and chiropractic care are medical care visits and are permitted. All are encouraged to follow CDC guidelines for proper personal protective equipment (PPE), follow social distancing when possible, and stay home when sick.

Can I visit my family in the nursing home retirement facility or long-term care facility?

- No, visitation is prohibited per the governor's executive order with the exception of those that provide critical assistance.

School ISD

- Any questions related to school closures, openings or activities, please direct to the appropriate ISD.
- Schools shall be temporarily closed until May 4, 2020 per the Governor's Executive Order.

Enforcement

- Comments or concerns about enforcement of the governor's executive order or the judge's directives, call the Bell County COVID-19 Hotline at (254) 933-5203

Failure to comply is an offense punishable by a fine of up to \$1000 per day or confinement in jail for a term not to exceed 180 days.