

## Heart of Texas Healthcare System

### **COVID-19 (Coronavirus) is surging, and we need your help!**

Infection rates in Texas are high right now and expected to get higher. Hospitals in our region are struggling to keep up. Hospital beds are full or filling fast. That means people who need urgent care sometimes won't have anywhere they can go. This is a serious healthcare crisis that impacts everyone needing medical care, not just those who get Coronavirus.

It is critical to remember that you can carry the virus, and pass it on to others, without having symptoms. As we enter the holidays and our community welcomes visitors and hunters to the area, we add to the potential for increased rates of infection in our region. Being extra cautious in protecting against the Coronavirus is more important than ever.

What is most needed is for everyone in our community to **practice the three W's**

- **Wear** a mask in public
- **Wash** your hands
- **Wait** 6 feet apart from others (Social Distancing)

The 3Ws are proven to reduce the spread of COVID-19 (Coronavirus). They are common sense ways to avoid getting infected and to avoid infecting others. They protect you, your family, and everyone in the community.

This is not about politics. The staff at Heart of Texas Healthcare System are deeply concerned that someone in our community will need urgent care and there will be nowhere for them to go. This is already starting to happen. These simple actions can be the difference between life and death for someone in need of urgent care.

### **Yes, the 3Ws do work**

We know these measures work. Our staff uses them to protect themselves. Healthcare professionals don't have the option of simply avoiding high risk situations so we do all we can to protect ourselves and our patients.

Nothing can guarantee you won't get Coronavirus, but when we all follow the 3Ws, your risk is much lower. Lower risk means Coronavirus spreads much more slowly. That keeps our hospitals from being overwhelmed and allows us to care for everyone's medical needs.

### **If You Feel Sick**

If you are showing symptoms like cough, fever, or fatigue-take these steps to protect your health and the health of others.

- Call Heart of Texas Healthcare System to consult with our caring healthcare professionals
- Self-quarantine yourself from others as much as possible
- Always cover your face near other people

### **CDC COVID-19 Symptoms Guide**

### **Stay Informed**

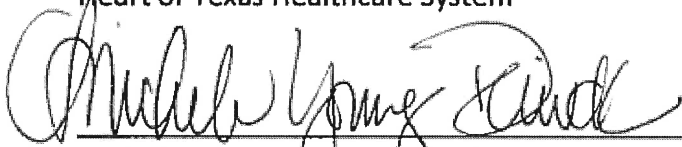
Seeking trusted guidance is essential to maintaining good health and avoiding undo stress. The CDC provide valuable and trustworthy information that is easy to understand.

### **CDC COVID-19 Information**



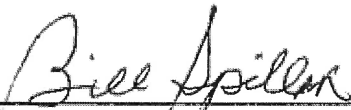
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Lonnie L. Vickers, M.D. – Chief of Staff  
Heart of Texas Healthcare System



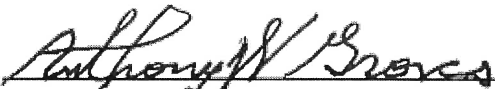
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Michele Young-Derfick – Board President  
Heart of Texas Healthcare System



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Bill Spiller – County Judge  
McCulloch County Texas



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Anthony Groves – Mayor  
City of Brady