Feeling sick? Here’s what to do.

I feel like I have a cold or mild flu:
» Stay home from work or school. Treat your symptoms as you normally would with a cold or mild flu.
» Worried? Call our 24/7 Ask My Nurse Line at 713-634-1110 to speak with a registered nurse for advice.

I feel worse than I do with a mild cold or flu (for example, high fever, cough) and I’m at a higher risk for COVID-19 complications due to my age or other health conditions:
» Call our 24/7 Ask My Nurse Line at 713-634-1110 to speak with a registered nurse for advice.
» The nurse will recommend the best place to go for help.
» Once there, you will first be tested for flu (most common in our region).
» Positive test for flu? You will be treated for flu as needed.
» Negative test for flu? The medical team will use the most current public health guidelines to determine if you need to be tested for COVID-19.
» Follow their recommendations for testing, isolation and treatment.

I feel short of breath and have noticed my other symptoms getting worse after a few days:
Call our 24/7 Ask My Nurse Line at 713-634-1110 to speak with a registered nurse for advice, or go to the nearest emergency center.

If you have respiratory symptoms, call BEFORE heading to your doctor’s office. This gives the clinic time to prepare for your visit to make sure you get the care you need and to keep other patients and employees safe.

Testing availability for COVID-19 is improving but it is still limited.

80% of patients with COVID-19 have mild symptoms that can be managed at home.

IMPORTANT REMINDERS