

Houston Muslim Community Covid-19 Resource Guide

Created by:



With references from:

<https://www.houstonmethodist.org/coronavirus/#healthdepartments>

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Symptom Check-List:

Given that we're also currently experiencing flu season and high pollen counts, it's important to remember that there are other, more common causes for the upper respiratory symptoms mentioned below.

Coronavirus disease (COVID-19) is characterized by mild symptoms including a runny nose, sore throat, cough, and fever. Illness can be more severe for some people and can lead to pneumonia or breathing difficulties.

Older people (60+), and people with other pre-existing medical conditions (such as asthma, diabetes, or heart disease) may be more vulnerable to becoming severely ill.

- Symptoms may appear 2-14 days after exposure
- Fever
- Dry Cough
- Shortness of Breath
- Persistent pain/pressure on chest
- Elevated heart rate (above 100 bpm)
- Dehydration

If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- Profound confusion/weakness
- Bluish lips or face

Flu Symptoms include:

- Fever
- Cough
- Sore Throat
- Headaches
- Fatigue (tiredness)
- Muscle or Body Aches
- Runny or Stuffy Nose

Allergy Symptoms Include:

- Sneezing

- Itchy, Runny, or Blocked Nose
- Itchy, Red, Watery Eyes

Prevention is key:

- **Wash your hands often** with soap and water for at least 20 seconds or use an alcohol based hand sanitizer
- **Avoid touching** your eyes, nose, & mouth with unwashed hands
- **Stay home if you are sick & avoid close contact** with people who are sick.
- **Clean and disinfect** frequently touched objects and surfaces
- **Cover your mouth and nose with a tissue or your sleeve** (not your hands) when coughing or sneezing
- **Use a napkin or tissue to touch items** like doorknobs, fuel pumps, etc.
- **Keep a 6 ft. distance from anyone** you're speaking to/standing near **if you are not sure if they may have been exposed to the virus.**

What Should You Do If You Think You Have COVID-19?

If you've possibly been exposed to the virus and are experiencing symptoms, we recommend that your first contact with a health care provider be through telephone/virtually. Be prepared to answer questions about your symptoms, recent travel history and/or contact with potentially infected individuals.

If you're experiencing severe symptoms, we recommend going to your nearest emergency room. Please call ahead to inform the emergency room staff that you're concerned you may have COVID-19.

Recommended medication(s) to take if you have symptoms of Covid-19:

- Tylenol (adults and children)
- Cough medications
- Inhaler
- Nebulizer
- Nasal spray
- Honey & Lemon (Helps with cough)

If you have a suspected case, we advise you to contact your local county health department for additional guidance and recommended next steps.

Local County Health Department Contact Information:

[Harris County Health Department](#)

- 281-342-6414
- After hours: 281-434-6494

[Montgomery County Health Department](#)

- 936-523-5026
- After hours: 888-825-9754

[Fort Bend County Health Department](#)

- 281-3426414
- After hours: 281-434-6494

[Chambers County Health Department](#)

- 409-267-2731
- After hours: 409-267-9862

[Brazoria County Health Department](#)

- 979-864-2168
- After hours: 800-511-1632

[Galveston County Health District](#)

- 409-938-7221
- After hours: 888-241-0442

Medical Organizations

- <https://www.houstonmethodist.org/virtual-urgent-care/>
 - \$35/ person
 - Virtual Urgent Care offers the same quality of care that you expect from Houston Methodist. During your video visit, our providers will assess your condition, offer a diagnosis and treatment plan and prescribe medication, if necessary.
- <https://findahealthcenter.hrsa.gov/>
 - This site assists with finding a center by entering your zip code that is testing patients with symptoms of Covid-19.

Food Resources

- Contact our helpline for assistance with food, financial assistance, or any questions you may have (not medical related).
- Houston ISD, Fort Bend ISD, Katy ISD, Spring ISD, and Klein ISD are offering free curbside/take home meals to families during Coronavirus Closure

- ICNA Relief Food Pantry
 - Note client's name & ICNA will be informed
 - Tuesday-Friday (4:00 - 6.30pm), Saturday (12:00 - 2:00pm)
 - 832-302-1681

Frequently Asked Questions:

- **What Can I Do to Keep Myself and My Family Healthy?**
 - Avoid close contact with people who are sick.
 - Avoid touching your eyes, nose, and mouth.
 - Stay home when you are sick.
 - Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
 - Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
 - **Wash your hands often with soap and water for at least 20 seconds.**
 - Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
 - <https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>
- **Is It Safe to Receive a Package From Areas With Confirmed Cases of COVID-19?**
 - Yes, it's safe to receive packages from at-risk countries. The likelihood of an infected person contaminating commercial goods is extremely low. The risk of catching the virus from a package that has been moved, traveled and exposed to different conditions and temperatures is also extremely low.
- **How Severe Is COVID-19?**
 - While the complete clinical picture of this virus is still unclear, symptoms of COVID-19 can range from mild to severe. Similar to infection with other respiratory viruses, elderly individuals and individuals with existing medical conditions, including pulmonary disease, may be at higher risk of developing more serious illness.
- **How Is COVID-19 Treated?**
 - There is no specific antiviral medication for COVID-19, and antibiotics are never effective against a viral infection. It's recommended that you stay isolated at home while sick and ask family members or friends to pick up any over-the-counter medications you may need. More serious cases of COVID-19 may need to be treated in the hospital. If you're experiencing

severe symptoms, we recommend going directly to an emergency room. However, infected individuals can relieve symptoms, via

- Pain relievers and fever reducers
 - Cough medications
 - Rest
 - Hydration
- **Can I travel?**
 - Please visit the CDC's page on information to travel:
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

Advice from Medical Professionals:

What happens if you do get Coronavirus:

Things you should actually buy ahead of time; Kleenex, Acetaminophen (Tylenol) in 325 mg tablets, Ibuprofen (Advil) in 200 mg tablets, Mucinex, Robitussin or DayQuil/NyQuil, whatever your cough medicine of choice is.

If you don't have a humidifier, that would also be a good thing to get. (You can also just turn the shower on hot and sit in the bathroom breathing in the steam). Also a good time to make a big batch of your favorite soup to freeze and have on hand.

If you have a history of asthma and you have a prescription inhaler, make sure the one you have isn't expired and refill it/get a new one if it is.

You basically just want to prepare as though you know you're going to get a nasty respiratory bug like bronchitis or pneumonia. You just have the foresight to know it's coming.

For symptom management, use the meds I mentioned. For a fever over 101, alternate Tylenol and Advil so you're taking a dose of one or the other every 3 hours. Use both cough suppressants and expectorants (most cough meds have both). Drink a ton, hydrate hydrate. Rest lots.

If you're sick, you should not be leaving your house except to go to the doctor, and if you do, wear a mask (regular is fine, you don't need an N95). You **DO NOT NEED TO GO TO THE ER** unless you are having trouble breathing or your fever is very high and unmanaged with meds.

90% of healthy adult cases thus far have been managed at home with basic rest/hydration/over-the-counter meds. We don't want to clog the ERs unless you're actually in distress. The hospital beds will be used for people who need oxygen/breathing treatments/IV fluids.

If you have a pre-existing lung condition (COPD, emphysema, lung cancer) or are on immunosuppressants, now is a great time to talk to your PCP or specialist about what they would like you to do if you get sick. They might have plans to get you admitted and bypass the ER entirely.

One major relief to you as parents is that kids do VERY well with coronavirus— they usually bounce back in a few days, no one under 18 has died, and almost no kids have required hospitalization (unless they have a lung disease like CF). Just use pediatric dosing of the same meds.