

# ATASCOSA COUNTY JUDGES REPORT

**HOW TO SELF QUARANTINE:** If you feel you have been exposed to COVID19, go to the website (<https://www.uncsa.edu/coronavirus/self-report.aspx>) and fill out the self – quarantine form and present it to your employer. Stay home, except to get medical care. Stock up with two weeks of food. Monitor your symptoms: Fever, cough, shortness of breath. Seek prompt medical attention if you become ill. Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the healthcare facility. These steps will help the healthcare provider’s office to keep other people in the office or waiting room from getting infected or exposed. Do not share bedding or eating utensils. Restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home. As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available. Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. Cough or sneeze into the fold of your elbow. Alternatively, cover your mouth and nose with a tissue when you cough or sneeze. Clean your hands often. Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer. Avoid touching your eyes, nose, and mouth with unwashed hands. Clean all “high-touch” surfaces every day.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Please post this on your refrigerator and I hope you do not have to use it. God be with you!  
Thanks for listening. 😊 We want you to be proud of your county government.

Quote: “A day without sunshine is like, you know, night.” Steve Martin