

March 19, 2020

LLANO COUNTY INFO.

[WWW.CO.LLANO.TX.US](http://www.co.llano.tx.us)



Corona Virus (COVID-19) Guidance

Hospitals & Clinics:

(Please call before arriving)

- Baylor Scott & White Hospital
Llano 325-248-2100
- HCM Immediate Care Clinic
Llano 325-247-9355
- Baylor Scott & White Clinic
Llano 325-248-2000
- Baylor Scott & White
Kingsland 325-388-9400
- Seton Healthcare Center
Kingsland 512-715-3118
- Hill Country Direct Care
Llano 325-248-6309
- Baylor Scott & White
Horseshoe Bay 830-596-6900
- Lake Area Specialty Clinic
Horseshoe Bay 830-596-2198

Helpful Tip:

The following healthcare providers and/or businesses recommend you call before visiting.

- Pharmacies
- Utility Offices
- Dentist Offices
- Optometrist Offices
- Physical Therapy Offices
- City and/or County Offices
- Dept. of Human Services
- Counseling Facilities
- Nursing Homes
- Assisted Living Facilities
- Churches
- Restaurants
- Local Grocery Stores/Food Pantry/
Meals-On-Wheels
- Llano County Community
Resource Center

Steps/Process:

Symptoms may show up 2 to 14 days after exposure. The steps you should take if you think you are sick with COVID-19 depend on whether you have a higher risk of developing severe illness.

High-Risk Individuals: People 65 years or older, and/or people with medical issues, like heart disease, diabetes, high blood pressure, cancer, or a weakened immune system, are at a higher risk of getting very sick from COVID-19. If you are a high-risk individual and you develop fever or symptoms, call your doctor. If you are not sick enough to be hospitalized, you can recover at home. Follow your doctor's instructions and refer to Centers for Disease Control (C.D.C.) recommendations on how to take care of yourself at home.

General Population: If you are in generally good health and have mild symptoms, stay home and take care of yourself like you would for a cold or the flu. If symptoms worsen, call your doctor. If you need help finding a doctor or accessing medical care, call 211 and they can direct you to low- or no-cost providers in your area. See the CDC website for more information on how to take care of yourself at home if you are sick.

Preventative Measures:

- Wash hands often for 20 seconds and encourage others to do the same.
- If no soap and water are available, use hand sanitizer with at least 60% alcohol.
- Cover coughs and sneezes with a tissue, then throw the tissue away.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Disinfect surfaces, buttons, handles, knobs, and other places touched often.
- Avoid close contact with people who are sick.
- Cancel gatherings of ten (10) or more people.
- Avoid eating or drinking in bars, restaurants and food courts. Attempt to use food drive through pick-ups or delivery options, if possible.
- Avoid discretionary travel, shopping trips and social visits.
- Avoid visiting nursing homes, retirement, or long-term care facilities, unless to provide critical assistance.
- Consider offering video/audio of events.
- Determine ways to continue providing support services to individuals at increased risk of severe disease while limiting group settings and exposures. (Meals on Wheels, and other home services)

Stay Informed: (Hyperlinks attached)

[Llano County](#)

[Texas Dept. of State Health Services](#)

[City of Llano](#)

[Llano County Office of Emergency Management](#)

[Llano County Sheriff's Office](#)

[Llano Independent School District](#)

[Highland Lakes Crisis Network](#)

[Dept. of Veteran's Affairs](#)

For the latest updates: www.co.llano.tx.us

325-247-7730 Mon. - Fri. 8a.m. to 5p.m. (During regular business hours.)