

FOR IMMEDIATE RELEASE  
August 26, 2020

Media Line: 713-439-6911

## **Residents Face Double Threat from Hurricane Laura and COVID-19** *Now is NOT the Time to Stop Wearing Masks and Practicing Social Distancing*

**Houston** – Hurricane Laura is expected to make landfall early Thursday morning on the Texas or Louisiana coast. That would normally be enough to make us anxious, but after months of coping with a Pandemic, it can feel overwhelming. However, we can't afford to let our guard down regarding COVID-19. So prepare for the storm while protecting yourself and your family from the virus. Continue to wear a mask in public, stay 6 feet from others and wash your hands frequently.

Here are some additional tips to help you and your family stay safe from Laura and COVID-19:

- Give yourself more time than usual to [prepare your emergency food, water, and medicine supplies](#). If in-person shopping is your only choice, take steps to [protect your and others' health when running essential errands](#).
  - When filling [prescriptions](#) by limit in-person visits to the pharmacy. Sign up for mail order delivery or call in your prescription ahead of time and use drive-through windows or curbside pickup, if available.
  - Try to limit your exposure to grocery stores as much as you can. If possible, order food and other items online for home delivery or curbside pickup.
  - Use a drive-through ATM or online banking, if possible.
  - Use telemedicine services, if available, for doctors' visits.
- If you need to evacuate, prepare a “go kit” with [personal items](#) you cannot do without during an emergency. Include items that can help protect you and others from COVID-19, such as:
  - Hand sanitizer, or bar/liquid soap if not available
  - Cloth face coverings for each person (except children under 2)
  - Disposable gloves (*remember to dispose of gloves and masks properly*)
- Pay attention to local guidance about updated plans for evacuations and shelters, including [potential shelters for your pets](#).
- When checking on your neighbors and friends, follow [social distancing](#) recommendations (staying at least 6 ft. /2m - about 2 arms' length, from others). Follow [CDC recommendations](#) to protect yourself and others.

HCPH is the local public health agency for the Harris County, Texas jurisdiction. It provides a wide variety of public health activities and services aimed at improving the health and well-being of the Harris County community.

Follow HCPH on Twitter [@hcphtx](#) and like us on [Facebook](#)

- If you need to go to a [public disaster shelter](#), follow CDC recommendations to stay safe and healthy a during the COVID-19 pandemic.
- Is you are feeling overwhelmed, please contact The Disaster Distress Helpline at 1-800-985-5990.

To stay informed and latest updates, visit [www.readyharris.org](http://www.readyharris.org) and [www.hcphtx.org](http://www.hcphtx.org).

*HCPH is the local public health agency for the Harris County, Texas jurisdiction. It provides a wide variety of public health activities and services aimed at improving the health and well-being of the Harris County community.*

Follow HCPH on Twitter [@hcphtx](#) and like us on [Facebook](#)