



Press Release
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What to Know About COVID-19 in McCulloch County

Heart of Texas Healthcare System reminds community to take steps to prevent spread of virus.

BRADY, Texas (March 31, 2020) – As the coronavirus continues to spread throughout the world, many in the local community are left wondering what to do. Fortunately, the easiest way to help prevent the spread of the virus is to simply stay home. Heart of Texas Healthcare System is reminding the community to take steps to slow the spread of the virus and to call first if you experience symptoms.

“Our medical team is working around the clock to bolster our ability to respond to COVID-19,” said Tim Jones, CEO of Heart of Texas Healthcare System. “We are asking the community to continue following advice from state and federal health officials to prevent the spread of the illness in our community. The best thing you can do is to stay home and enjoy time with your family unless you need medical care.”

To protect patients and the community, Brady Medical Clinic, a service of Heart of Texas Healthcare System, has launched drive-thru screenings to determine whether patients should be tested for COVID-19. Only those who meet certain medical criteria can be tested at this time.

Symptoms of COVID-19 can include fever, cough and shortness of breath. Those who have been in close contact with someone who has been diagnosed with COVID-19 or who have been in an area with an ongoing outbreak are also asked to seek medical advice.

If you suspect you have been exposed to COVID-19 or are experiencing any symptoms, Jones said that you should not go directly to the hospital or clinic but rather call your healthcare provider or the clinic first to determine what to do next.

Testing is currently available in the community for those who meet certain medical criteria, as evaluated by the hospital’s medical team.

Actions you can take to avoid the spread of COVID-19 include limiting time spent outside the home to necessary tasks such as buying food and medicine, washing your hands frequently and ensuring things are properly cleaned.

“One of the easiest ways that you can help protect McCulloch County is by staying home,” Jones said. “Although the news reports may be alarming, staying home with your family is an important way that you can help everyone. Stay healthy, stay home and stay well.”

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Those most at risk of developing severe illness from COVID-19 are those with weak or compromised immune symptoms and the elderly.

It is believed that the virus is spreading from an infected person to others through respiratory droplets released into the air by coughing and sneezing; close personal contact, such as touching or shaking hands; touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands; and rarely, fecal contamination.

In addition to limiting time in public, frequent hand washing is an important way to limit the spread of the novel coronavirus. Wash hands regularly, especially after coughing or sneezing, caring for someone who is sick or after handling animals. It is also important to be mindful of when you touch your face.

“We are continuing to closely monitor the spread of the illness throughout Texas and are closely coordinating with state and federal health officials” Jones said. “Staying calm, practicing good hygiene and avoiding large groups can help control the spread.”

To learn more about local healthcare services or to schedule an appointment, please call the Brady Medical Clinic at 325-597-2114 or visit www.heartoftexashealthcare.org.

About Heart of Texas Healthcare System

Heart of Texas Healthcare System provides healthcare for residents of McCulloch County and the surrounding area. Founded in 2011, the system offers a wealth of medical services, including 24-hour emergency care, advanced radiology services, a clinical laboratory, dialysis services, physical therapy, surgical services, patient education, sleep studies and more. The system also owns and operates Brady Medical Clinic, which provides family medicine, preventive care, and acute care for minor emergencies. For additional information, please visit www.heartoftexashealthcare.org.

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