

COVID-19: What to Do



Stay **6 feet away** from all people not in your household.



Wash hands often with soap and water for **20 seconds**.



When soap and water aren't available, use hand sanitizer with at least **60% alcohol**.



Wear a face covering in public.
Cover coughs and sneezes with a disposable tissue.



Avoid touching your eyes, nose, and mouth with unwashed hands.



Disinfect surfaces, buttons, handles, knobs and other places touched often.



If sick, get tested and then stay home.

COVID-19
CORONAVIRUS DISEASE 2019



Texas Department of State Health Services

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For updates and more information, visit dshs.texas.gov/coronavirus.

Dial:  **211** or: Visit: **211texas.org**

COVID-19 Mental Health Support Line:
1.833.986.1919