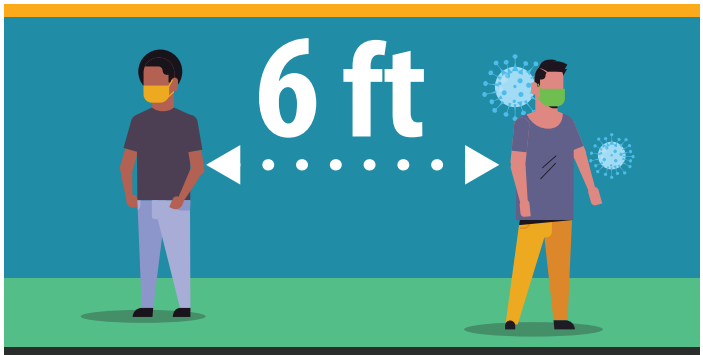
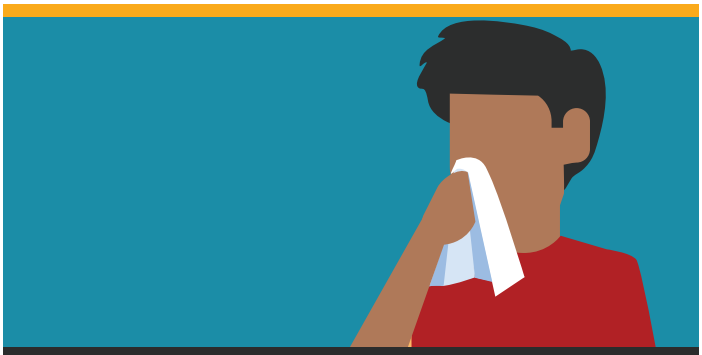
COVID-19
CORONAVIRUS DISEASE 2019

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.

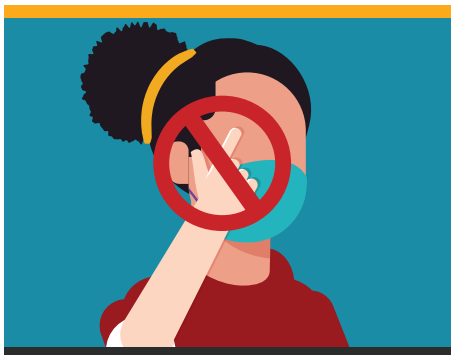


Stay at least 6 feet (about 2 arms' length) from other people.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.

When in public, wear a cloth face covering over your nose and mouth.



Do not touch your eyes, nose, and mouth.

Clean and disinfect frequently touched objects and surfaces.

Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.

TEXAS Health and Human Services
Texas Department of State Health Services

dshs.texas.gov/coronavirus