

COVID-19: What to Do



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



Wash hands often for **20 seconds** and encourage others to do the same.



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



Please **wear a face covering**.
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.



Stay away from people who are sick.

COVID-19
CORONAVIRUS DISEASE 2019



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

Dial:  or Visit: 211texas.org

COVID-19 Mental Health Support Line:
1.833.986.1919