

# 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



TEXAS  
Health and Human  
Services

Texas Department of State  
Health Services

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For updates and more information, visit [dshs.texas.gov/coronavirus](https://dshs.texas.gov/coronavirus).

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

COVID-19 Mental Health Support Line:  
**1.833.986.1919**