

TOGETHER HEALTHY TEXAS



1

Stay 6 feet apart from folks you don't live with. Wear a face covering in public.



2

Wash your hands often with soap and water for 20 seconds. Use hand sanitizer if soap and water aren't available. Don't touch your face.

3
If sick, get tested and then stay home.



5

Cover your coughs and sneezes with a tissue, then throw the tissue away.



4

Clean and disinfect often-touched surfaces and objects.



6

Remind friends and family of these steps and how we're all in this together!



For updates, info and testing sites, visit dshs.texas.gov/coronavirus.

COVID-19 Mental Health Support Line:
833-986-1919



TEXAS
Health and Human
Services

Texas Department of State
Health Services

Visit 211Texas.org or call 2-1-1, option 6, for help with food, health, housing and more.