GUIDANCE TO THE GENERAL PUBLIC ABOUT COVID-19

• WASH HANDS frequently with soap and water for at least 20 seconds. Use hand sanitizer when you cannot wash your hands.

• AVOID TOUCHING your eyes, nose, and mouth with unwashed hands.

• COVER YOUR COUGHS and sneezes with a tissue and throw the tissue away. If you don’t have a tissue, use the elbow of your sleeve. Don’t use your hands to cover coughs and sneezes.

• EVEN IF YOU ARE NOT ILL, AVOID VISITING HOSPITALS, long-term care facilities or nursing homes to the extent possible. If you do need to visit one of these facilities, limit your time there and keep six feet away from patients.

• AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK, especially if you are at higher risk for coronavirus.

• GET PLENTY OF REST, DRINK PLENTY OF FLUIDS, eat healthy foods, and manage your stress to keep your immunity strong.

• CLEAN household surfaces with standard cleaners.

Stay informed. Information is changing frequently. Visit ReadyHarris.org or the Harris County Public Health Website at www.hcphtx.org frequently for updates.