



# GUIDANCE TO THE GENERAL PUBLIC ABOUT COVID-19

As our community reopens it is important, we all continue to do our part in protecting each other from COVID-19. Here's how you can help slow the spread.

- **STAY HOME** if you feel sick. Check for COVID-19 symptoms before leaving your home if you have any of the symptoms, please stay home and contact a healthcare provider
- **GET TESTED** if you have COVID-19 symptoms or have been exposed to someone with COVID-19. Testing is available, sign up at [hcphtx.org](http://hcphtx.org)
- **WASH HANDS** frequently with soap and water for at least 20 seconds. Use a 60% alcohol-based hand sanitizer when you cannot wash your hands
- **WEAR A FACE COVERING** and keep 6 ft (2m) of distance when in public
- **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
- **AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK**, especially if you are at higher risk for severe illness
- **HIGHER RISK INDIVIDUALS** should stay home as much as possible to limit exposure
- **CLEAN and DISINFECT** household surfaces with standard cleaners



**Stay informed. Information is constantly changing  
visit [ReadyHarris.org](http://ReadyHarris.org) or [Hcphtx.org](http://Hcphtx.org) for updates**