

# COVID-19 TIPS

## from Texans for Health Care Access



## KEEP YOURSELF SAFE

The novel coronavirus travels in droplets from coughs or sneezes and can survive on surfaces for a few hours to days. It enters the body through the eyes, nose or mouth. Keep yourself, your workplace and your household safe with these tips:



**Wipe down your workspace and common areas.**



**Don't touch your face or handle food with unwashed hands.**



**Wipe down personal belongings when you get home.**

## Watch for symptoms

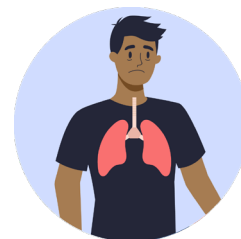
COVID-19 shares a few symptoms with allergies (sore throat, fatigue) and the flu (headaches, body aches). Runny noses, however, are not very common with COVID-19. The other main symptoms are:



**DRY COUGH**



**FEVER**



**TROUBLE CATCHING BREATH**

## REMEMBER YOUR NEIGHBORS

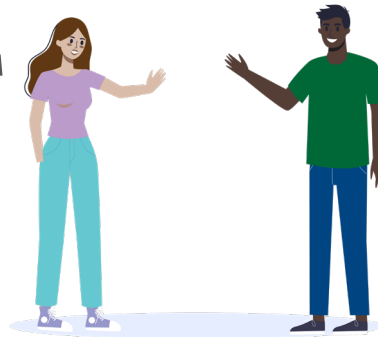
The novel coronavirus is counting on people to spread it far and wide. If we can follow a few simple guidelines, we can keep the virus under control. But if we all get sick at the same time, our health care system won't be able to handle it. Remember that what you do affects all Texans!

## Slow the spread of the virus

- Hand washing
- Social distancing
- Self-isolation



Stay home as much as possible. Isolate yourself if you feel sick.



Use soap and scrub for 20-30 seconds. Don't forget in between fingers and under fingernails.

Maintain a six-foot distance from other people. Avoid handshakes or hugs.