



## What can you do to protect yourself and others from COVID-19?



Wash your hands often for at least 20 seconds.



Cover your cough or sneeze.



Don't touch your eyes, nose or mouth.



Stay away from people who are sick.



Stay home when you are sick.



Clean areas and objects that are touched often.



Seek medical care if you feel sick with a fever, cough, or have trouble breathing.



For more information

972-692-2780

<https://www.dallascounty.org/hhs/>

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>