Coronavirus Wellness Tips

1. Wash Your Hands
   For 20 seconds or longer with soap & water

2. Cover Cough & Sneeze
   Use your elbow or a tissue. Never in your hand!

3. Avoid Touching
   Keep unwashed hands away from eyes, nose & mouth

4. Avoid Crowded Spaces
   Avoid crowded areas or visiting anyone who is ill

5. Stay Home If Ill
   If you are running a fever, stay home and call your doctor

For more travel & safety tips visit
txbiomed.org/coronavirus

Texas Biomedical Research Institute