



# Coronavirus Wellness Tips

1

## WASH YOUR HANDS

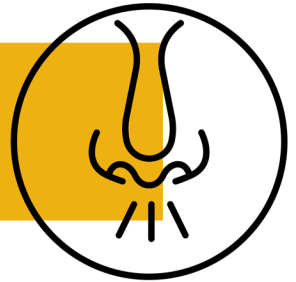
For 20 seconds or longer with soap & water



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

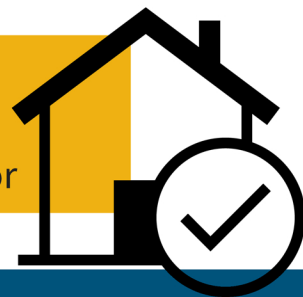
Avoid crowded areas or visiting anyone who is ill



5

## STAY HOME IF ILL

If you are running a fever, stay home and call your doctor



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[TXBIOMED.ORG/CORONAVIRUS](https://txbiomed.org/coronavirus)



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