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. STAY SIX FEET APART
   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