



Coronavirus Wellness Tips

1

WASH YOUR HANDS

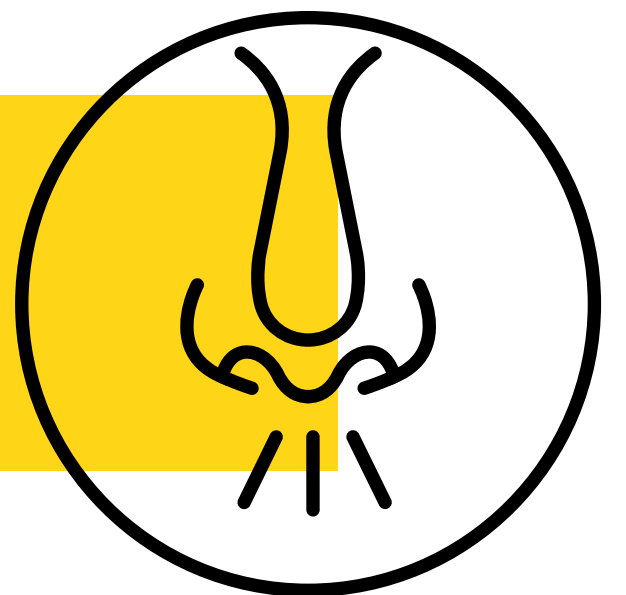
For 20 seconds or longer with soap & water



2

COVER COUGH & SNEEZE

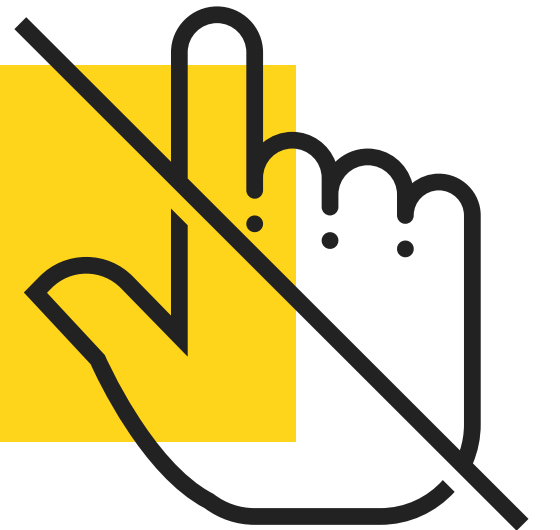
Use your elbow or a tissue. Never in your hand!



3

AVOID TOUCHING

Keep unwashed hands away from eyes, nose & mouth



4

STAY SIX FEET APART

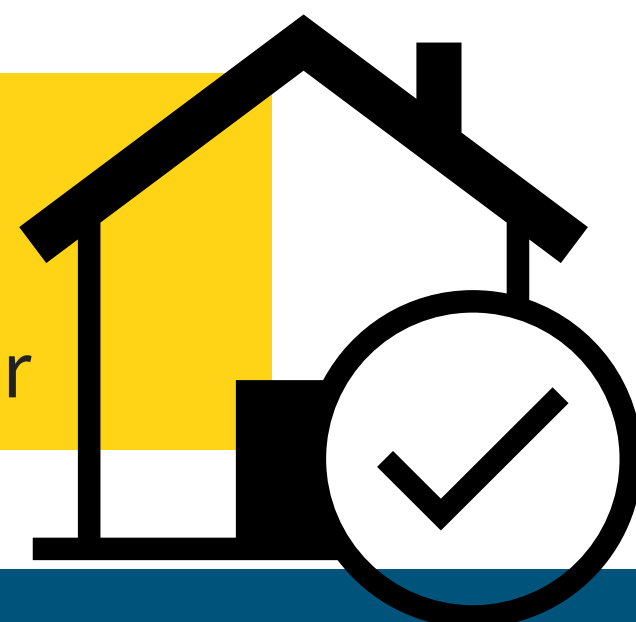
Avoid crowded areas or visiting anyone who is ill



5

STAY HOME IF ILL

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



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



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