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](http://txbiomed.org/coronavirus)

**Texas Biomedical Research Institute**