

# How to prevent the spread of COVID-19



Wash hands often for 20 seconds and encourage others to do the same.



Use hand sanitizer with at least 60% alcohol, if no soap or water is available.



Cover coughs and sneezes with a tissue, then throw the tissue away.



Avoid touching your eyes, nose, and mouth with unwashed hands.



Disinfect surfaces, buttons, handles, knobs and other places touched often.



Avoid close contact with people who are sick.

**COVID-19**  
CORONAVIRUS DISEASE 2019



TEXAS  
Health and Human  
Services

Texas Department of State  
Health Services

updated 03/10/20  
12:15 pm

For updates and more information, visit [dshs.texas.gov/coronavirus](https://dshs.texas.gov/coronavirus)