

What can you do to protect yourself and others from COVID-19?

- Wash your hands often for at least 20 seconds.
- Cover your cough or sneeze.
- Don't touch your eyes, nose or mouth.
- Stay away from people who are sick.
- Stay home when you are sick.
- Clean areas and objects that are touched often.
- Seek medical care if you feel sick with a fever, cough, or have trouble breathing.



**DALLAS COUNTY
HEALTH AND HUMAN SERVICES**



For more information

972-692-2780