

COVID-19/CORONAVIRUS IMPORTANT INFORMATION

Are you concerned that you may have coronavirus? Texas Health Resources Coronavirus Hotline, staffed by nurses, is available 24/7 to help answer your questions. Call **682-236-7601** anytime to speak with a nurse.

Prevention is key. To protect yourself:

- 1** Wash your hands with soap and water for at least 15 to 20 seconds, and use alcohol-based hand sanitizer
- 2** Avoid touching your eyes, nose or mouth with unclean hands
- 3** Stay away from sick people (and stay home except to get medical care if you're sick)
- 4** Use tissues to cover coughs and sneezes (and throw tissues away)
- 5** Clean and disinfect items and surfaces that are touched a lot
- 6** Avoid shaking hands