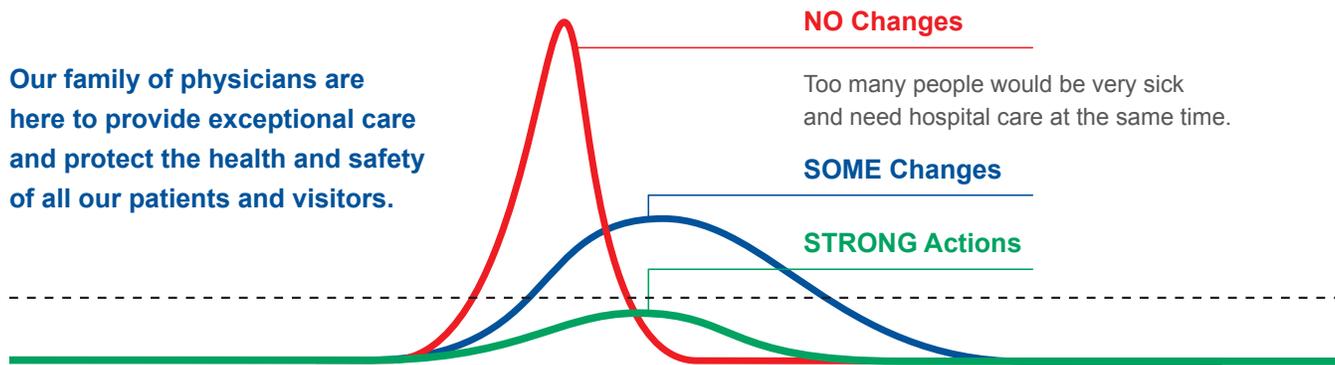


Slowing the Spread of COVID-19: Flattening the Curve



When experts make a graph of the spread of the disease, it shows a line that curves sharply upward, like a ramp at a skateboard park. A steep curve means the virus is spreading fast. That’s because each infected person spread can spread the disease to more than just one other person. An infected person can pass it to the whole network of people they come into contact with. Then those people spread it to their network, and the curve keeps going up.

“**Flattening the curve**” means taking steps to prevent the spread of the virus so that the curve becomes less steep and less high. A flatter curve means fewer people infected at the same time and a decreased impact on our hospitals, our communities, and our lives.

STEPS YOU CAN TAKE TO FLATTEN THE CURVE

By taking action now, we can slow the virus and flatten the curve. Here are some things you can do:

Practice social distancing.

If possible, stay home from work, and keep kids at home. When in public, keep a space of 6 feet between yourself and others. Avoid gatherings of more than 10 people. Wear a face mask that covers your nose and mouth.

Practice good hygiene.

Wash your hands often. Scrub with soap and water for 20 seconds. It’s especially important after you have been in a public place and after you cough, sneeze, or blow your nose. If you can’t wash your hands, use a hand sanitizer with at least 60% alcohol.

If you’re sick, stay away from others.

Sleep in a separate room, and don’t share household items such as towels, dishes and glasses. Wear a face mask when you’re around others. If you need care, call your doctor. They will let you know if you should come to their office or the hospital.



The CDC recommends that everyone wear cloth face coverings in public settings where social distancing measures are difficult to maintain such as at grocery stores and pharmacies. **Instructions for making your own face covering are available at [cdc.gov](https://www.cdc.gov).**

Are you concerned that you may have coronavirus?

Texas Health Resources Coronavirus Hotline, staffed by nurses, is available to help answer your questions. Call 682-236-7601 anytime to speak with a nurse. Learn how to protect yourself.

Source: Healthwise