

CONTAGIOUS DISEASE PRECAUTIONS



GARLAND
HEALTH



Wash hands often with soap and water for at least 20 seconds.



Stay home if you are sick.



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



Consider maintaining social distancing of 3 to 6 feet with all persons.



Avoid close contact with people who are sick.



Cover coughs and sneezes, and then wash your hands. Cough or sneeze into your elbow or sleeve instead of your hand.



Get plenty of sleep, be physically active, drink plenty of fluids, eat nutritious foods and manage your stress.



Frequently clean and disinfect objects and surfaces.

For more illness prevention tips, visit [GarlandTX.gov/DiseaseInfo](https://www.garlandtx.gov/DiseaseInfo)