You can help prevent the spread of respiratory illnesses with these actions:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- If you feel sick, stay home and please contact your healthcare provider.
- Clean and disinfect frequently touched objects and surfaces.

For more information visit: sanantonio.gov/COVID19