

Coronavirus Disease 2019 (COVID-19) Reduce Your Risk



CITY OF SAN ANTONIO
METROPOLITAN HEALTH DISTRICT

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



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