



STOP THE SPREAD FOR AMARILLO

COVID-19 PREVENTION TIPS



WEAR A MASK AND COVER YOUR NOSE & MOUTH

Wear face coverings in public settings when other social distancing measures are difficult to maintain.



DO NOT TOUCH YOUR FACE

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



WASH OR SANITIZE HANDS

Wash your hands with soap and water or use an alcohol-based hand sanitizer with at least 60% alcohol.



SELF SCREEN OFTEN

Stay home when you are sick or experiencing COVID-19 symptoms including: fever, cough, chills, muscle pain, headache, loss of taste or smell, or shortness of breath or difficulty breathing.



SOCIAL DISTANCE

Maintain a distance of 6 feet while in public places. Avoid close contact with people who are sick.



DISINFECT SURFACES

Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

For more information, please visit www.amarillopublichealth.org



Public Health
Prevent. Promote. Protect.
Amarillo

