

HOOK'EM INSTEAD



GIVE A HOOK'EM instead of shaking hands or a fist bump
healthyhorns stop germs

COVID-19 PREVENTION (Coronavirus)

ACTIONS TO HELP PREVENT THE SPREAD OF RESPIRATORY ILLNESS



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.



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

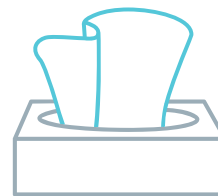
Don't share food, beverages or smoking devices with others.

Avoid close contact with people who are sick.



Stay home when sick.

Clean and disinfect frequently touched objects and surfaces.



Cover coughs or sneezes with a tissue and throw the tissue in the trash.



If you experience symptoms of respiratory illness, call the UHS Nurse Advice Line at 512-475-6877.

