

COVID-19 PREVENTION

COVID-19 affects all of us regardless of age, race, religion or country of origin. In Dallas 60% of the COVID-19 cases are Latino. The pandemic is fatal and we need to protect our family.

The best way to **PROTECT YOUR FAMILY** is to avoid getting Coronavirus:

Wash your hands for 20 seconds with soap and water frequently throughout the day.



Use a mask when you leave the house.



Maintain social distance by staying 6 feet (2 meters) away from others.



Avoid touching your face.



Disinfect objects you touch frequently



More suggestions:

Have a list of COVID-19 symptoms.

Get tested if you experience symptoms.

Have a plan of action if you think you have COVID-19.