

5 STEPS FOR DISEASE PREVENTION



1 AVOID TOUCHING YOUR FACE

Avoid touching your face if you are sick or near someone who is sick.

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2 WASH YOUR HANDS

Thoroughly wash your hands with soap and water for at least 20 seconds.



3 DISINFECT AREAS

Frequently clean and disinfect common surfaces.

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4 COVER YOUR COUGH

Cover your mouth and nose when coughing and sneezing with a tissue or your elbow.



5 STAY HOME WHEN YOU ARE SICK

If you require medical attention, call ahead before going to a doctor's office or emergency room.

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CAMERON COUNTY PUBLIC HEALTH 956-247-3650

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