

Coronavirus Disease 2019 (COVID-19) Reduce Your Risk



CITY OF SAN ANTONIO
METROPOLITAN HEALTH DISTRICT

According to the Centers for Disease Control and Prevention (CDC), the risk of COVID-19 to the American public is LOW. However, 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.

If you feel sick, stay home and please contact your healthcare provider.



For more information visit: sanantonio.gov/COVID19



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