



Face Covering 101

Why wear a face covering?

Face coverings reduce respiratory droplets emitted when talking, sneezing, and coughing; these droplets can transmit SARS-CoV-2, the virus that causes COVID-19, to others.

Face coverings also can keep you from touching your nose and mouth so they help you stay well too!

** Do not put face coverings on children younger than 2.



See <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html> for more information



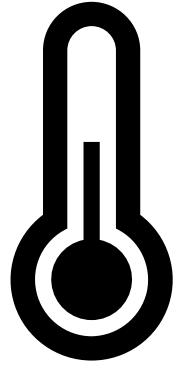
How do I wear it?

- ✓ Put on your covering by hooking under your chin; lift to *fully* cover your nose and mouth. This helps to secure your covering under your chin for a better fit.
- ✓ Fit your covering snugly to your face so there are no gaps, but you can still breath easily.
- ✓ Only handle your covering by the ties or loops. Avoid touching the areas that cover your nose and mouth. Wash your hands anytime you touch or take off your mask.
- ✓ Pleats should face downward. Ties should be positioned on the crown and back of neck; secure the bottom tie first. Do not put the covering around your neck or up on your forehead.
- ✓ Wash you mask after use. Wash your face covering with detergent and the warmest water setting allowed by the material. Do not apply chemical disinfectants to your face covering between washes to extend use.



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It's hot outside.

Make sure the temperature outside isn't the only one that's elevated.

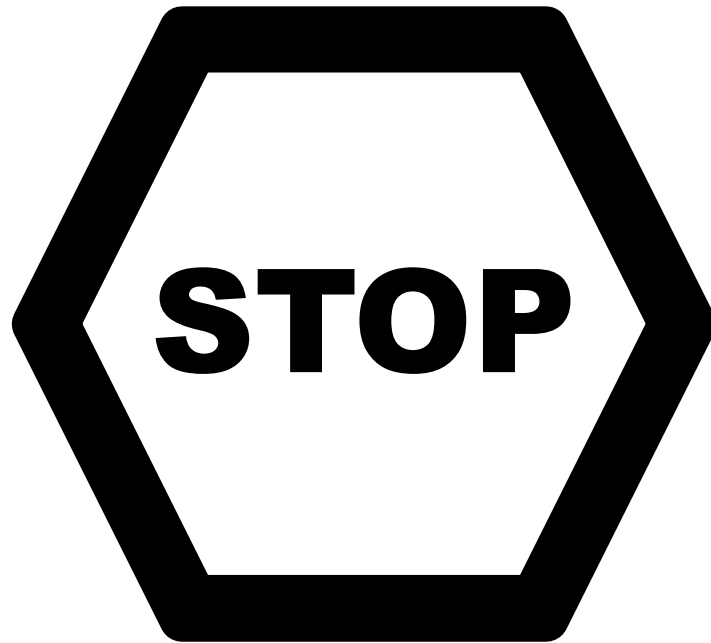
Check your temperature daily.

Access the Texas DSHS Self-Checker >>>



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Feeling a bit off today?

Stay home.

Monitor your health and contact your
provider if needed.

Access the Texas DSHS Self-Checker >>>



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COVID-19 Symptoms

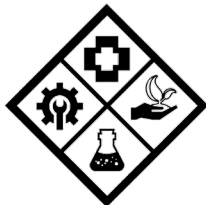
People with COVID-19 have had a wide array of symptoms reported – ranging from mild symptoms to severe illness. This list does not include all possible symptoms.

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- **Fever or chills**
- **Cough**
- **Shortness of breath or difficulty breathing**
- **Fatigue**
- **Muscle or body aches**
- **Headache**
- **New loss of taste or smell**
- **Sore throat**
- **Congestion or runny nose**
- **Nausea or vomiting**
- **Diarrhea**



Scan the QR Code to visit the CDC page for the most current list of symptoms.



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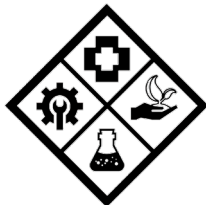
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COVID-19 Prevention

Everyone should:

- **MONITOR YOUR HEALTH.** Be alert for symptoms and take your temperature daily.
- **AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH.**
- **SANITIZE HANDS OFTEN.** If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol. Apply hand sanitizer like you would wash your hands and rub until dry.
- **AVOID CLOSE CONTACT.** Stay at least 6 ft. from those outside your household and avoid gathering in groups.
- **WEAR A FACE COVERING** when around those outside your household.
- **COVER COUGHS & SNEEZES.** Immediately sanitize your hands.
- **CLEAN AND DISINFECT OFTEN.** Frequently touched surfaces should be disinfected at least daily.



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Self-Screen for COVID-19

Do any of the symptoms below apply to you or your household?

- **COUGH**
- **SHORTNESS OF BREATH OR DIFFICULTY BREATHING**
- **CHILLS OR REPEATED SHAKING WITH CHILLS**
- **MUSCLE PAIN**
- **HEADACHE**
- **SORE THROAT**
- **LOSS OF TASTE OR SMELL**
- **DIARRHEA**
- **FEELING FEVERISH OR MEASURED TEMPERATURE GREATER OR EQUAL TO 100.0°F**
- **KNOWN CLOSE CONTACT WITH A PERSON WITH CONFIRMED COVID-19**



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