

HEALTHY HABITS

FOR 2021

PROTECT YOURSELF
AND OTHERS

COVID-19 is not just a 2020 problem. In the new year, it's critical that everyone in Harris County forms healthy new habits to help slow the spread of the virus.



GET TESTED FOR INFECTION WITH A PCR TEST.

- Testing is the only reliable way to determine if you have COVID-19, as 1 in 4 people do not have symptoms.
- A viral test tells you if you have a current infection. An antibody test might tell you if you had a past infection.
- Get tested if you experience symptoms of COVID-19, have close contact with someone confirmed to have the virus, have engaged in travel or large gatherings, or have been exposed to crowded indoor gatherings.
- If you feel sick, stay home and away from others.
- After being tested, self-quarantine/isolate at home until you receive your test results and follow the advice of your healthcare provider or a public health professional.
- Harris County Public Health provides free testing to anyone regardless of age, insurance coverage, or immigration status. Visit [StaySmartDoYourPart.com](https://staysmartdoyourpart.com) for details and locations.

STAY

SMART.

DO

YOUR PART.

TOGETHER AGAINST COVID-19

staysmartdoyourpart.com



DELAY YOUR TRAVEL, AS TRAVELING INCREASES THE RISK OF COVID-19

- Get tested before you travel.
- Some travel choices, like the transportation method you choose and where you stay, can increase your risk of catching COVID-19. Your chances of exposure are higher if you come into close contact with others or use shared public facilities (like restrooms).
- COVID-19 is spreading in the United States and in many international destinations. The more cases in your community or at your destination, the more likely you are to get and spread COVID-19 as a result of your door-to-door travel.
- Check state and local travel requirements and restrictions before you travel.
- Before you travel, learn which travel activities are lower risk to protect yourself and others. Keep in mind that getting from one place to another is just one piece of the travel risk. Your activities and who you interact with before, during, and after travel may increase your risk.

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WEAR A MASK THAT COVERS YOUR NOSE AND MOUTH TO HELP PROTECT YOURSELF AND OTHERS

- Masks offer some protection to you and may protect those around you if you are unknowingly infected with COVID-19.
- Choose a mask with two or more layers of washable, breathable fabric that fits against the sides of your face.
- Wear a mask in public settings when around people who don't live in your household, especially when it may be difficult for you to stay six feet apart.
- Don't touch the mask, and, if you do, wash your hands or use hand sanitizer to disinfect.

STAY

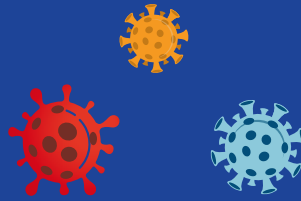
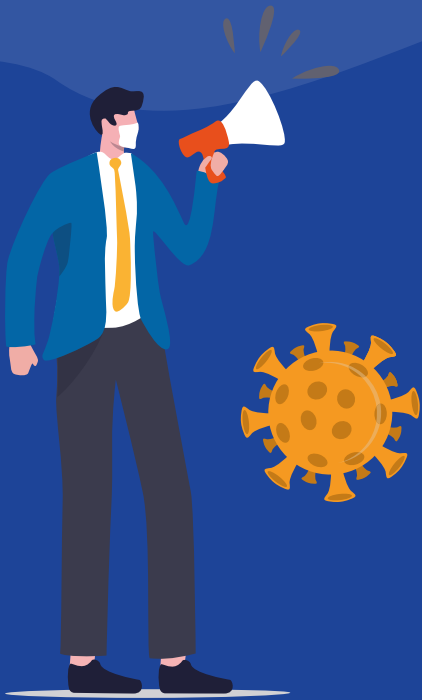
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STAY SIX FEET APART AND AVOID CROWDS

- Indoors or outdoors, you are more likely to get or spread COVID-19 when you are in close contact with others for a total of 15 minutes or more over a 24-hour period.
- The more people you are in close contact with, the more likely you are to be exposed to COVID-19.
- Avoid crowded indoor spaces as much as possible, particularly ones that aren't well ventilated.
- Remember that people without symptoms or with a recent negative test result can still spread COVID-19 to others.



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HAVE QUESTIONS?

**CALL
(832) 927-7575**

8 A.M.–5 P.M. MONDAY–SATURDAY

Harris County Public Health has a free COVID-19 hotline where you can get the facts on testing, symptoms, and public health resources. Call us now for answers you can trust!



WASH YOUR HANDS OFTEN

- Wash hands often with soap and water for at least 20 seconds, especially after you have been in a public place, after blowing your nose, coughing, or sneezing and before eating.
- Make sure to dry your hands completely using a clean towel or by air drying.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your mask, eyes, nose, and mouth.

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Harris County
Public Health
Building a Healthy Community

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