



Keep your family healthy –  
protect them from COVID-19.

**Working family members and others leaving the house often can bring COVID-19 home with them. Here's how to stay safe:**



Wear a mask.



Wash your  
hands often.



Stay 6 feet away  
from people.



If you get a cold,  
keep your distance  
from those at risk.



**COVID-19 can  
affect the  
whole family.**

- Those most at risk are family members 65 or older, and those that are pregnant, overweight, or have diabetes, heart and kidney conditions, sickle cell disease, and other medical conditions.
- Elderly family members who get sick may need a long stay in the hospital, and are at the highest risk of dying.
- Kids and teenagers may only show cold or allergy symptoms, but they can get and spread COVID-19 too.



**Working family  
members cannot  
afford to miss work.**

Keep yourself and your family safe so you can keep working and protect those at higher risk of getting COVID-19.



COVID-19 vaccine

Learn about the vaccines helping in the fight  
against COVID-19 at [TexasHealth.org/Vaccine](https://www.texashealth.org/vaccine).