DO YOUR PART TO STAY HEALTHY

Follow these smart health tips to help prevent the spread of respiratory diseases.

SAFETY LIVE IT

NORTH TEXAS MUNICIPAL WATER DISTRICT

Stay home when you are sick, except to get medical care.

Avoid close contact with people who are sick.

Wash your hands often with soap and water for at least 20 seconds.

Avoid touching your eyes, nose and mouth.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces.