This document includes COVID-19 social media messages with key information and recommendations. Please feel free to use and share these social media messages to help inform the public about COVID-19. Please tag @TexasDSHS when posting graphics or animations from our #HealthyTexas COVID-19 Communication Tools. Thank you for helping slow the spread of COVID-19.

Recommended Instagram Hashtags:
#Texas #Houston #Dallas #Austin #SanAntonio #IGTexas #WestTexas #DFW #FortWorth #EastTexas #NorthTexas #SouthTexas #Lubbock #Amarillo #ElPaso #RGV #PublicHealth #TexasPublicHealth #TexasHealth #Coronavirus #COVID19

How to Prevent COVID-19

Facebook/Instagram


Together for a #HealthyTexas:

► Stay 6 feet apart from folks you don’t live with
😷 Wear a face covering in public
👋 Wash your hands often
 smarty_if sick, get tested then stay home
mayı Clean often-touched items and surfaces
😷 Cover coughs and sneezes
ومة Don’t touch your face

For #COVID19TX updates and info, visit dshs.texas.gov/coronavirus or follow @TexasDSHS on Facebook, Instagram and Twitter.

Twitter


Learn more: bit.ly/39hUqm5 #COVID19TX #HealthyTexas
How COVID-19 Spreads

Knowing how COVID-19 spreads can help prevent getting and spreading coronavirus. Protect yourself and those closest to you by knowing how COVID-19 spreads and by taking steps to stop germs.

Together for a #HealthyTexas:

🌞 Stay 6 feet apart from folks you don’t live with
😷 Wear a face covering in public
👋 Wash your hands often
_Impl If sick, get tested then stay home
🚽 Clean often-touched items and surfaces
😷 Cover coughs and sneezes
👉 Don’t touch your face

For #COVID19TX updates and info, visit dshs.texas.gov/coronavirus or follow @TexasDSHS on Facebook, Instagram and Twitter.

Twitter

Knowing how COVID-19 spreads can help prevent getting and spreading the virus.

Protect yourself and those closest to you by knowing how COVID-19 spreads and by taking steps to stop germs. #COVID19TX #HealthyTexas
Symptoms

Facebook/Instagram

It’s important for everyone to know COVID-19 symptoms and emergency warning signs. If sick, get tested and then stay home. Call a doctor if you have concerning or worsening symptoms. Seek medical attention right away if you or someone else has COVID-19 warning signs. Learn more: bit.ly/2IV3uRh

Together for a #HealthyTexas:

Mask: Stay 6 feet apart from folks you don’t live with
Wear a face covering in public
Wash your hands often
If sick, get tested then stay home
Clean often-touched items and surfaces
Cover coughs and sneezes
Don’t touch your face

For #COVID19TX updates and info, visit dshs.texas.gov/coronavirus or follow @TexasDSHS on Facebook, Instagram and Twitter.

Twitter

It’s important for everyone to know COVID-19 symptoms and emergency warning signs.

Call a doctor for any concerning or worsening symptoms. Seek medical attention right away for any COVID-19 warning signs. Learn more: bit.ly/2IV3uRh #HealthyTexas #COVID19TX
### What to Do If Sick

**Facebook/Instagram**

Do you know what to do if you get sick with COVID-19? Take these steps to best care for yourself and avoid infecting others.

Learn more: [dshs.texas.gov/coronavirus/#ifsick](http://dshs.texas.gov/coronavirus/#ifsick)

Together for a #HealthyTexas:

- ⚠️ Stay 6 feet apart from folks you don’t live with
- 🎨 Wear a face covering in public
- 🛁 Wash your hands often
- 🎉 If sick, get tested then stay home
- ☁️ Clean often-touched items and surfaces
- 🤧 Cover coughs and sneezes
- 🌟 Don’t touch your face

For #COVID19TX updates and info, visit [dshs.texas.gov/coronavirus](http://dshs.texas.gov/coronavirus) or follow @TexasDSHS on Facebook, Instagram and Twitter.

### What to Do If Sick With COVID-19

**All Texans:**
- If you have a fever, cough, shortness of breath or other COVID-19 symptoms, you may have COVID-19. Get tested but call ahead.
- Most people don’t get very sick and can recover at home.
- Keep track of your symptoms. If you have an emergency warning sign, like trouble breathing, get medical attention right away.
- Call ahead and mention you may have COVID-19 before getting medical attention or seeing a doctor.
- If you need help finding a doctor in your area, at low or no cost, call 2-1-1.
- Stay home except for medical care and have others or delivery services get essentials for you. Get plenty of rest, fluids, and good nutrition.
- If you live with others, isolate into one room and use one bathroom if possible. The household should take additional steps found at [dshs.texas.gov/coronavirus](http://dshs.texas.gov/coronavirus).

**Extra steps for people at higher risk:**
- People at higher risk for getting very sick with COVID-19 include:
  - People 65 years older
  - People of any age with underlying health conditions such as heart disease, type 2 diabetes, obesity, and chronic lung disease.
  - If you’re at higher risk and have COVID-19 symptoms call a doctor.
  - If you are not sick enough to be hospitalized, you may be able to recover at home. Follow your doctor’s instructions or CDC recommendations on caring for yourself at home.

For updates and more information, visit [dshs.texas.gov/coronavirus](http://dshs.texas.gov/coronavirus)

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**Twitter**

Do you know what to do if you get sick with COVID-19? Take these steps to best care for yourself and avoid infecting others.

Learn more: [dshs.texas.gov/coronavirus/#ifsick](http://dshs.texas.gov/coronavirus/#ifsick)

#COVID19TX #HealthyTexas
If You Think You’re Sick

Facebook/Instagram

COVID-19 symptoms can include cough, fever, difficulty breathing, chills, body aches, fatigue, sore throat and more. If you think you are sick, get tested and then stay home. Find COVID-19 testing near you: dshs.texas.gov/coronavirus/testing.aspx

Together for a #HealthyTexas:

️ Stay 6 feet apart from folks you don’t live with
😷 Wear a face covering in public
🧼 Wash your hands often
🤒 If sick, get tested then stay home
🧼 Clean often-touched items and surfaces
👉 Don’t touch your face

For #COVID19TX updates and info, visit dshs.texas.gov/coronavirus or follow @TexasDSHS on Facebook, Instagram and Twitter.

Twitter

Do you have a cough? Chills or feel feverish? Body aches, difficulty breathing, a sore throat or other coronavirus symptoms? If so, get tested for #COVID19: bit.ly/3iqiASv
#HealthyTexas #COVID19TX
Face Coverings Help Slow COVID-19

Facebook/Instagram

Wearing a face covering in public can help stop the spread of #COVID19. My face covering helps protect you, your face covering helps protect me. Take ALL steps to best prevent getting and spreading COVID-19.

Together for a #HealthyTexas:

-

Stay 6 feet apart from folks you don't live with

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Wear a face covering in public

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Wash your hands often

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If sick, get tested then stay home

(#)

Clean often-touched items and surfaces

(°)

Cover coughs and sneezes

(°)

Don't touch your face

For #COVID19TX updates and info, visit dshs.texas.gov/coronavirus or follow @TexasDSHS on Facebook, Instagram and Twitter.

Twitter

Wearing a face covering in public can help stop #COVID19. Take ALL steps to best prevent getting and spreading COVID-19:

-

Stay home when possible

-

Stay 6 feet apart from folks you don't live with

(<)

Wash hands often

#HealthyTexas #COVID19TX
Caring for Someone Sick

Facebook/Instagram

Do you know what to do if someone in your household gets COVID-19? Follow these steps to care for someone sick while protecting others in your home.


Together for a #HealthyTexas:

- Stay 6 feet apart from folks you don’t live with
- Wear a face covering in public
- Wash your hands often
- If sick, get tested then stay home
- Clean often-touched items and surfaces
- Cover coughs and sneezes
- Don’t touch your face

For #COVID19TX updates and info, visit dshs.texas.gov/coronavirus or follow @TexasDSHS on Facebook, Instagram and Twitter.

Twitter

If someone in your house gets #COVID19, follow these steps to help care for the sick person while protecting others in your home. 😷😷 #HealthyTexas

Learn more about caring for someone with COVID-19: [https://bit.ly/3a5uKZo](https://bit.ly/3a5uKZo) #COVID19TX
How to Wash Your Hands

Facebook/Instagram

Washing your hands properly and often can help prevent getting and spreading COVID-19. Take these steps next time you wash your hands.

Together for a #HealthyTexas:
- Stay 6 feet apart from folks you don’t live with
- Wear a face covering in public
- Wash your hands often
- If sick, get tested then stay home
- Clean often-touched items and surfaces
- Cover coughs and sneezes
- Don’t touch your face

For #COVID19TX updates and info, visit dshs.texas.gov/coronavirus or follow @TexasDSHS on Facebook, Instagram and Twitter.

Twitter

Washing your hands properly and often can help prevent getting and spreading #COVID19. Take these steps next time you wash your hands. #HealthyTexas #COVID19TX
Wash These Parts of Your Hands

Facebook/Instagram

Washing your hands properly and often can help prevent getting and spreading #COVID19. Remember to wash these areas the next time you wash your hands or use hand sanitizer.

Together for a #HealthyTexas:

🌈Stay 6 feet apart from folks you don’t live with
😷Wear a face covering in public
👋Wash your hands often
🚫If sick, get tested then stay home
🧼Clean often-touched items and surfaces
👋Don’t touch your face

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Twitter

Washing your hands properly and often can help prevent getting and spreading #COVID19. Remember to wash these areas the next time you wash your hands or use hand sanitizer.
Stay Six Feet Apart (video)

Facebook/Instagram

COVID-19 is still spreading in Texas. Stay six feet apart from folks you don't live with. Remember to wash your hands often and wear a face covering in public.

Together for a #HealthyTexas:

확 Stay 6 feet apart from folks you don't live with
확 Wear a face covering in public
확 Wash your hands often
확 If sick, get tested then stay home
확 Clean often-touched items and surfaces
확 Cover coughs and sneezes
확 Don't touch your face

For #COVID19TX updates and info, visit dshs.texas.gov/coronavirus or follow @TexasDSHS on Facebook, Instagram and Twitter.

Twitter

#COVID19 is still spreading in #Texas. Stay six feet apart from folks you don't live with. Remember to wash your hands often and wear a face covering in public.

#HealthyTexas

For more #COVID19TX updates and information, visit: dshs.texas.gov/coronavirus
#COVID19 is still spreading in #Texas. Wear a face covering in public to help stop the spread. Remember to wash your hands often and stay six feet apart from folks you don’t live with.

Together for a #HealthyTexas:

➡️ Stay 6 feet apart from folks you don’t live with
👉 Wear a face covering in public
👏 Wash your hands often
🤒 If sick, get tested then stay home
🗑️ Clean often-touched items and surfaces
🤧 Cover coughs and sneezes
👉 Don’t touch your face

For #COVID19TX updates and info, visit dshs.texas.gov/coronavirus or follow @TexasDSHS on Facebook, Instagram and Twitter.
#COVID19 is still spreading in #Texas. Wash your hands often with soap and water for at least 20 seconds. When in public, remember to wear a face covering and stay six feet apart from folks you don’t live with.

Together for a #HealthyTexas:

- Wear a face covering in public
- Wash your hands often
- If sick, get tested then stay home
- Clean often-touched items and surfaces
- Cover coughs and sneezes
- Don’t touch your face

For #COVID19TX updates and info, visit dshs.texas.gov/coronavirus or follow @TexasDSHS on Facebook, Instagram and Twitter.

For more #COVID19TX updates and information, visit: dshs.texas.gov/coronavirus
How One Affects Many (video)

Facebook/Instagram

One person can infect many more. One person can start or stop a long chain of infections. And while you and those closest to you may not be high risk—someone in your chain of infections might be.

Together for a #HealthyTexas:

- Stay 6 feet apart from folks you don’t live with
- Wear a face covering in public
- Wash your hands often
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- Cover coughs and sneezes
- Don’t touch your face

For #COVID19TX updates and info, visit dshs.texas.gov/coronavirus or follow @TexasDSHS on Facebook, Instagram and Twitter.

Twitter

One person can infect many more. One person can start or stop a long chain of infections.

And while you and those closest to you may not be high risk—someone in your chain of infections might be.

#HealthyTexas #COVID19TX