



☑ CHECKLIST FOR ALL INDIVIDUALS

Individuals are strongly encouraged to wear face coverings over the nose and mouth wherever it is not feasible to maintain 6 feet of social distancing from another person not in the same household.

The following are the health recommendations for all individuals in Texas. These health recommendations are not a limit on the health protocols that individuals may adopt. Individuals are encouraged to adopt additional protocols consistent with their specific needs and circumstances to help protect the health and safety of all Texans.

The virus that causes COVID-19 can be spread to others by infected persons who have few or no symptoms. Even if an infected person is only mildly ill, the people they spread it to may become seriously ill or even die, especially if that person is 65 or older with pre-existing health conditions that place them at higher risk. Because of the hidden nature of this threat, everyone should rigorously follow the practices specified in these recommendations. The virus that causes COVID-19 is still circulating in our communities. We should continue to observe practices that protect everyone, including those who are most vulnerable.

Please note, public health guidance cannot anticipate every unique situation. Individuals should stay informed and take actions based on common sense and wise judgment that will protect health and support economic revitalization.

Health recommendations for individuals:

- ☐ Individuals should, to the extent possible, minimize in-person contact with others not in the individual's household. Minimizing in-person contact includes maintaining 6 feet of separation from individuals. When maintaining 6 feet of separation is not feasible, other methods should be utilized to slow the spread of COVID-19, such as washing or sanitizing hand frequently, and avoiding sharing utensils or other common objects.
☐ Self-screen before going into a business for any of the following new or worsening signs or symptoms of possible COVID-19:
☐ Cough ☐ Sore throat
☐ Shortness of breath or difficulty breathing ☐ Loss of taste or smell
☐ Chills ☐ Diarrhea
☐ Repeated shaking with chills ☐ Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
☐ Muscle pain ☐ Known close contact with a person who is lab confirmed to have COVID-19
☐ Headache
☐ Wash or disinfect hands upon entering a business and after any interaction with employees, other customers, or items in the business.
☐ Carry and use hand sanitizer regularly, especially before eating.