

Coronavirus

GUIDELINES FOR REDUCING EXPOSURE



Stay Home

- The best way to prevent yourself from getting Coronavirus is to avoid being exposed to it.
- Stay at home except for essential trips (doctor, grocery store, pharmacy).

Wash Hands

- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not available, use an alcohol-based hand sanitizer.



Avoid Contact

- Avoid close contact with people - stay 6 feet apart.
- Avoid crowds of more than 10 people.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick.

Clean & Disinfect

- Frequently clean and disinfect touched objects and surfaces.



Cover

- Wear a mask for protection.
- Cover coughs and sneezes with a tissue or your sleeve.

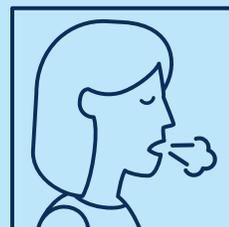
Know the Symptoms



Dry Cough



Fever



Difficulty Breathing



Headache

Most people have mild illness and are able to recover at home. If you have an emergency warning sign (including trouble breathing), get medical attention right away. Call ahead before visiting your doctor.



ARLINGTON™

Coronavirus

UPDATE FROM THE MAYOR



Dear Arlington Residents,



Thank you for doing your part to slow the spread of the coronavirus. The measures we're all taking by staying home and self-isolating are hard. It's taking a toll on families, businesses, schools and our local restaurants. But the health experts are unanimous: it's the best way to stop the spread of virus and get us back on the road to recovery.

Arlington is a kind, compassionate community and there's more we can do to help each other during these tough times:

- Check in on loved ones and our more vulnerable in our community
- Go outside and enjoy our parks or take advantage of all the online program resources our City is providing
- Take the time to reconnect with your family
- Support our small businesses by ordering online and getting dinner through delivery or take out.
- Stay informed by following the City on social media pages and the website for constant updates

Remember, Arlington is a resilient community. We will come out of this and we'll be stronger for it. We may be staying apart for now, but it's only bringing us closer together as a community. I'm proud to be your mayor and I want you to know that I see brighter days ahead

Sincerely,

Arlington Mayor Jeff Williams



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Arlington, TX, 76010

www.arlingtontx.gov/coronavirus



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MyArlingtonTX.com

Arlington Action Center
(817)459-6777

Tarrant County
Coronavirus 24/7 Hotline
817-248-6299

For translation in Spanish or Vietnamese visit:
www.arlingtontx.gov/coronavirus/prevention.