The best way to protect yourself and to help reduce the spread of the virus that causes COVID-19 is to avoid these things:

- Avoid work/school if you do not feel well.
- Avoid gatherings with other people as much as possible. Avoid gatherings with family members outside your immediate household.
- Avoid eating with individuals outside your immediate household. Especially avoid dining inside other people’s homes, restaurants, and bars. Instead, dine outdoors or support your favorite establishments by ordering for pick-up or delivery.
- Avoid hugging/kissing/hand shaking when greeting others.
- Avoid close contact by practicing physical distancing (staying at least 6 feet away from others), even when wearing a mask, and when outside.
- Avoid driving or riding with individuals outside of your immediate household. If you must carpool or use public transportation, always wear a mask and try to keep a distance, if possible.
- Avoid travel to areas where you will be around individuals outside your immediate household and it is hard to stay socially distanced.
- Avoid persons who fail to adhere to public health measures such as wearing a face covering or social distancing.

If you have symptoms of COVID-19, have recently been exposed to someone with COVID-19, or have tested positive for COVID-19, please fill out the Preliminary COVID-19 Screening Form found at http://utrgv.link/UTRGVScreeningForm