Mexico and the United States both have widespread COVID-19. Cross the border only for essential reasons. Do not cross the border when sick.

- Keep distance and wear a mask.
- Watch your health.
- COVID-19 can spread from people with no symptoms.
  - Wash hands often or use hand sanitizer.
  - Follow local guidance on both sides of the border.
  - Avoid social gatherings.

IF YOU GET SICK, call ahead before seeing a doctor.

For more information: www.cdc.gov/coronavirus

STOP THE SPREAD OF COVID-19