

# WHAT TO DO IF I'M SICK



**Stay home if you are feeling ill.**



**Drink plenty of water.**



**Limit your contact with others.**



**Call a doctor before seeking medical attention.**

**CAMERON COUNTY PUBLIC HEALTH**  
**956-24/7-3650**  
[cameroncounty.us/publichealth](http://cameroncounty.us/publichealth)

