

Here is some tips on how to keep you healthy, happy and to help prevent the spread of any illness.

10 THINGS YOU CAN DO NOW TO PREPARE FOR **COVID-19**

TREAT YOUR IMMUNE SYSTEM WELL



1 Get appropriate sleep.



2 Eat nutritiously and drink plenty of fluids.



3 Stay physically active.



4 Manage your stress levels.

TAKE ACTIONS THAT HELP PREVENT THE SPREAD OF ALL ILLNESSES



5 Stay home if ill and avoid contact with ill people.



6 Wash your hands often: 20 second soap-and-scrub.



7 Cover coughs and sneezes—not with your hands.



8 Disinfect frequently touched objects and surfaces with bleached-based cleaners.



9 Avoid touching your eyes, nose, or mouth.



10 Avoid sharing food or personal items.