



## KEEP HEALTHY HABITS

Get plenty of sleep, stay active, manage your stress, drink plenty of fluids and eat nutritious foods



## COVER YOUR COUGH

Cover your mouth and nose with your sleeve or tissue

# Staying Healthy



## WASH YOUR HANDS

Keep hands clean with soap and water or hand sanitizers

It starts with you



## DON'T TOUCH YOUR FACE

Avoid touching your eyes, nose and mouth in case your hands are not clean



## STAY HOME WHEN SICK

Stay home when you are sick and check with your healthcare provider if needed.