Staying Healthy

It starts with you

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.

Wash your hands
Keep hands clean with soap and water or hand sanitizers.

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.

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