

SIMPLE WAYS TO STAY HEALTHY & PREPARED

LIFESTYLE

GET ENOUGH SLEEP



EXERCISE REGULARLY



IMPROVE YOUR AIR QUALITY



TAKE CARE OF YOUR MENTAL HEALTH



HYGIENE

NO MORE HANDSHAKES



ELIMINATE FACE-TOUCHING



TRIPLE YOUR HANDWASHING TIME



DISINFECT SURFACES



PREPARATION: HAVE A TWO-WEEK SUPPLY OF ESSENTIAL ITEMS, INCLUDING:

HOUSEHOLD SUPPLIES



FOOD



MEDICATIONS



BE PROACTIVE WITH YOUR HEALTH

START NOW

EAT YOUR FRUITS & VEGGIES



TAKE REGULAR BREAKS



GET THE FLU SHOT



IF YOU'RE SICK

DRINK WATER



STAY HOME



TALK WITH YOUR DOCTOR



PRACTICE SOCIAL DISTANCING

