

Simple ways to stay healthy

Follow these simple steps to stop the spread of germs and help keep you and others from getting sick:

1. Keep your hands clean by washing them often with soap and warm water.



2. Cover your mouth and nose with a tissue when coughing or sneezing.

3. Avoid touching your eyes, nose, or mouth and spreading germs to them.

4. Stay home when you are sick.



5. Don't share things that go into the mouth, such as straws and drinking cups.



6. Stay Healthy!

Get plenty of **sleep, exercise, drink lots of water, and eat healthy foods.**

