

COVID-19 Tip #7

Tips for Staying Healthy

June 2020

**Staying in good health reduces our chances of illness!
Keep your heart, mind and body in good shape.
Follow the suggestions below:**



**Drink lots of water
(8 glasses a day)**



Wash your hands frequently



Get 6-8 hours of sleep daily



Get your yearly flu shot



Be active daily: go for a walk, play games with the children, dance to the music



Include fruit or vegetables with your meals



Avoid drinking sodas



Avoid eating sugary foods



Avoid smoking



Avoid fast food



Avoid alcohol

You can do this!