COVID-19 Tip #7

Tips for Staying Healthy

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
  - eating sugary foods
  - smoking
  - fast food
  - alcohol

You can do this!