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!

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