



health
alert
series

COVID-19

c o r o n a v i r u s

PREPARATION TIPS



SLEEP

Get good sleep consistently.



NUTRITION

Drink lots of water & eat nutritiously.



FITNESS

Get physically fit & stay active.



HEALTH

Keep stress levels low & have your prescriptions filled.



HANDS

Scrub your hands with soap often, for at least 20 seconds.



COVER

Cover coughs & sneezes, but not with your hands.



DISINFECT

Disinfect commonly touched objects & surfaces.



FACE

Avoid touching your eyes, nose or mouth with your hands.



AVOID

Avoid ill people & sharing objects. If ill, stay home.

For the latest on COVID-19 please visit:

www.CDC.gov