COVID-19
Coronavirus

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