

# STAY HEALTHY!

Follow these simple tips, every day



**C**OVER your mouth when you cough or sneeze—use your sleeve

**O**NLY use your own glass and utensils—don't share

**U**SE soap and warm water to wash hands often

**G**ET plenty of sleep, exercise, and eat a healthy diet

**H**OME is where you belong when you're sick, not at work or school

