

# Simple ways to stay healthy

Follow these simple steps to stop the spread of germs and help keep you and others from getting sick:

**1. Keep your hands clean** by washing them often with soap and warm water.



**2. Cover your mouth and nose** with a tissue when coughing or sneezing.

**3. Avoid touching your eyes, nose, or mouth** and spreading germs to them.

**4. Stay home when you are sick.**



**5. Don't share things** that go into the mouth, such as straws and drinking cups.

**6. Stay Healthy!**

Get plenty of **sleep, exercise, drink lots of water, and eat healthy foods.**

