GOOD HEALTH HABITS

KNOW THE FACTS! STAY HEALTHY!

TO MAINTAIN GOOD HEALTH

- EAT healthy foods.
- DRINK plenty of fluids.
- EXERCISE regularly.
- Get enough SLEEP.
- STAY AWAY from people who are sick.
- STAY HOME when you are sick.
- Use MEDICATION the way your doctor recommends it.
- DO NOT touch your eyes, nose or mouth because germs spread this way.
- WASH your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- COVER your nose and mouth with a tissue or your arm when you cough or sneeze.

Be a good York Citizen.
Stay home if you are not feeling well!
You can be sick and not have COVID-19!