

GOOD HEALTH HABITS

KNOW THE FACTS! STAY HEALTHY!

TO MAINTAIN GOOD HEALTH



EAT
healthy foods.



DRINK
plenty of fluids.



EXERCISE
regularly.



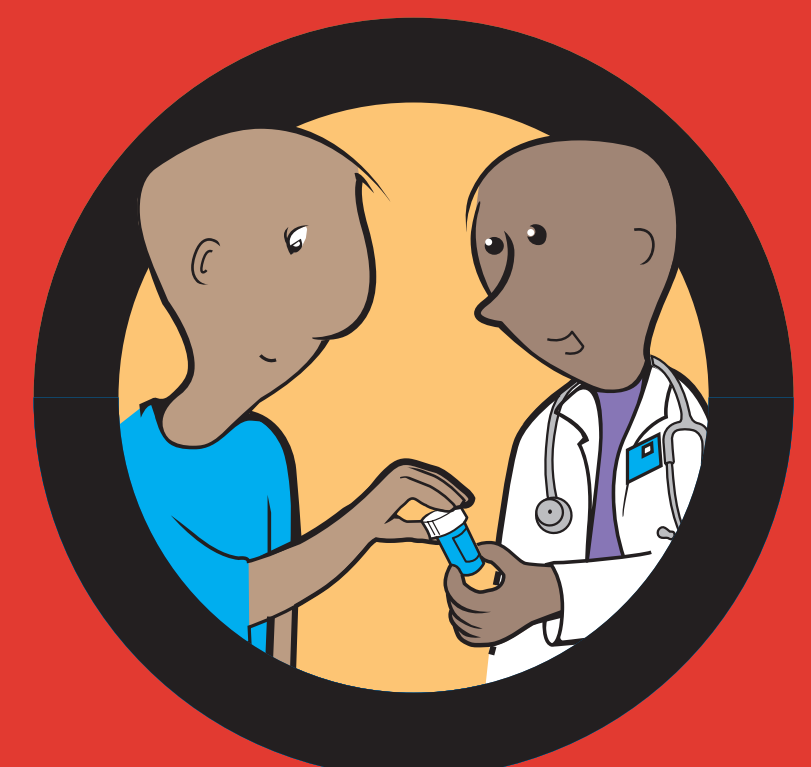
Get enough
SLEEP.



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.

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Be a good York Citizen.

Stay home if you are not feeling well!

You can be sick and not have COVID-19!