

# Health Tips

## Be Happy, Be Healthy!

### Tips for staying healthy:

- Wash hands often with hot water & soap for at least 20 seconds, use clean towels/paper towels each time. Use alcohol-based hand sanitizer when soap and water are not available.
- Avoid touching your face, eyes, nose, and mouth with unwashed hands.
- Cover coughs or sneezes with a tissue/elbow.
- Stay home if sick, have a fever, or a cough.
- Keep your body warm and avoid cold environments and cold drinks (except water).
- Drink lots of water to stay hydrated. The normal intake of water is half of your body weight in ounces.
- Practice healthy social distancing (i.e. avoid unnecessary large crowds/gatherings, hospital visits, nursing homes, etc.)
- Get plenty of sleep (a minimum of 8 hours) to stay in tip-top germ-fighting shape.
- Eat fruits and veggies full of vitamins to support your immune system. Vitamin C is best!
- Reduce all stress: Our bodies are more likely to get sick when we are in elevated stress.
- If you have a dry cough, fever, and shortness of breath, contact your health care provider immediately.