

How to Avoid Getting Sick

Most effective



Least effective

Avoid Exposure

Don't go where people are sick: travel, crowds, transportation, hospital, clinics

Substitute Safer Options

Don't go out - get delivery instead. Don't visit - call or Facetime instead. Don't shake hands - fistbump instead.

Support Your Defenses

Drink lots of water. Get extra sleep. Eat well. Don't stress. Don't smoke, drink alcohol, or use illicit drugs.

Keep Clean

Wash your hands. Wipe surfaces clean. Don't touch your face. Cough into your elbow. Wash your hands some more.

PPE

Personal Protective Equipment: Hand sanitizer. Wrap your food. Use your sleeve. PLEASE save masks for health professionals and high-risk patients.



TAKE TWO HEALTH

Where Your Doctor Works for YOU!

