

The Best Wealth is Health

Unit 1

In this unit, you will learn the following:

- ✓ to identify the drug products, food, and beverage
- ✓ to use or consume healthy and safe products
- ✓ to avoid harmful effects, and
- ✓ to get the best results

A Let' Start - Do you know what health protocols are?



With your friend, discuss the following questions:

- ✗ Why should you follow health protocols?
- ✗ What are the proper health protocols?
- ✗ What are the minimum health protocols?
- ✗ Why safety protocols important?



To prevent the spread of viruses or diseases in a face-to-face meeting, you should at least wear a face mask, use hand sanitizer, avoid crowds, wash your hands, and keep your distance at school.

Adopted from: <https://www.vecteezy.com/vector-art/3408670-new-normal-signage-icon-set>

Health protocols are some of the rules about health safety to prevent transmitting viruses to enable the community to carry out activities safely without risking the health of others.

How to Wear a Mask



Wearing well-fitting face masks helps prevent the spread of the virus. For masks to work, they have to be worn properly. Choose a mask with two or more layers that completely cover your mouth and nose and fit snugly against the sides of your face, leaving no gaps. Do not wear a mask that is too loose on the sides. Do not pull the mask low on your nose, below your nose, mouth, or chin. Do not leave your chin or mouth exposed or dangle the mask from one ear. Do not wear the mask in any other way that does not entirely cover your mouth and nose. Please wash your hands before and after wearing the mask and use only the loops of the mask to put it on and take it off. Please do not touch the front of the mask while wearing it. If you use a cloth mask, wash it, dry it daily, and keep it in a clean, dry place.

Adopted from: <https://medlineplus.gov/ency/imagepages/19946.htm>