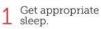
Here is some tips on how to keep you healthy, happy and to help prevent the spread of any illness.

10 THINGS YOU CAN DO COVID-19 NOW TO PREPARE FOR

TREAT YOUR IMMUNE SYSTEM WELL







2 Eat nutritiously and drink plenty of fluids.



3 Stay physically active.



4 Manage your stress levels.

TAKE ACTIONS THAT HELP PREVENT THE SPREAD OF ALL ILLNESSES



5 Stay home if ill and avoid contact with ill people.



6 Wash your hands often: 20 second soap-and-scrub.



7 Cover coughs and sneezes—not with your hands.



8 Disinfect frequently touched objects and surfaces with bleached-based cleaners.



Avoid touching your eyes, nose, or mouth.



Avoid sharing food or personal items.



For the most updated COVID-19 information visit SaltLakeHealth.org or CDC.gov/COVID19.