//\*\*Strategies for preventing disease\*\*//

- Wash your hands often, it's better to use an alcohol-based hand sanitizer. Don’t go overboard with hand sanitizers or antibacterial products. Have and maintain a good ventilation system in your home.

<https://www.nih.gov/health-information/disease-prevention-toolkit>

- If you’re sick, discuss the doctor about your symptoms and follow what he advises. Prevent the overuse or misuse of medications. Don’t take a lot of antibiotics.

//\*\*Strategies for improving environmental health\*\*//

- To avoid mosquitoes or tick bites, use insect repellents & spray thin clothes with an EPA-registered repellent like permethrin. Don’t apply permethrin directly to the skin.

<https://www.nih.gov/health-information/environmental-wellness-toolkit>

//\*\*Strategies for maintaining a healthy lifestyle.\*\*//

- Get enough sleep. Eat Healthy & smaller portions. Limit added sugars. Select a mix of colorful vegetables each day, Choose whole grains.

<https://www.nih.gov/health-information/physical-wellness-toolkit>

//\*\*Strategies for build healthy habits\*\*//

-Go easy on fats and oils. Limit snacking. Drink plenty of water. Get enough calcium and vitamin D daily to protect your bones. Quit smoking.

<https://www.nih.gov/health-information/physical-wellness-toolkit>

//\*\*Strategies for improving your physical health\*\*//

Move more. Go for brisk walking or ride a bike a day that can boost mood and reduce stress. Try to avoid lifting heavy objects.

<https://www.nih.gov/health-information/physical-wellness-toolkit>

//\*\*Strategies for improving your emotional health\*\*//

Build a social support network. Set priorities & Think positive. Try relaxation methods. Talk to a mental health professional if you feel unable to cope, have suicidal thoughts.

<https://www.nih.gov/health-information/emotional-wellness-toolkit>