Don't let the CORONAVIRUS go viral!

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent the spread of germs is proper hygiene, cough etiquette, and disinfecting frequently touched objects and surfaces. As a reminder, the CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases.

**IMMUNITY BOOSTING LIFESTYLE**
A healthy lifestyle can maintain and/or boost immunity.

- **Sleep & dream up your defense**
  Try to get 8-10 hours of rest at night

- **Run so fast the virus can’t catch you**
  Aim for 30-60 minutes of movement every day

- **Eating habits on fleek**
  "Eating leafy greens and fruits high in vitamins like citruses, blackberries, and kiwi provide your body with essential vitamins and minerals" -Dr. Oz

**HYGIENE THAT’S 100**

- Can you not?!..touch your face?
- Need to sneeze? Do the dab.
- Wash your hands!!
- Avoid shaking hands, high-fives, and other hand-to-hand contact
- Stay home when you are sick

With soap!
*For 20 seconds*
All day, erry day (Or at least after going to the bathroom; before eating or cooking; before putting on makeup or facial products; and after blowing your nose, coughing, or sneezing.)