



# WEEKLY TIP:



## NUTRITION



## HEALTH



## COOKING



## 10 Healthy Ways To Keep Myself Safe From Covid.

- 1- Wash your hands correctly and regularly.
- 2- Avoid sick people
- 3- Stay clear of crowded areas
- 4- Clean and disinfected everything.
- 5- Avoid touching your face too much.
- 6- Eat a healthy diet.
- 7- Exercise regularly.
- 8- Get enough sleep.
- 9- Keep an alcohol based hand sanitizer nearby
- 10- Avoid sharing personal items.

**BE SAFE – KEEP YOUR DISTANCE – SANITIZE – EAT HEALTHY**

