

HOW CAN I STAY HEALTHY?



- Wash your hands (at least 20 seconds!)
- Don't touch your mouth / nose / eyes
- Stay hydrated
- Proper nutrition



If you do get sick,

- *Cover your cough / sneeze*
- *Get checked out*
- *Get rest and stay home!*

Health Center
(413)- 748-3175

The Health
Science Club

A HEALTHY FUTURE IS IN YOUR HANDS



Wash Your Hands

**Wet
hands**



**Apply
soap**



**Wash
for 20
seconds**



**Rinse
well**



**Dry
hands**



**Turn
off tap
with
towel**



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