

#YAVAPAISTRONGERTOGETHER

TIPS TO STAY HEALTHY



HAND WASHING

Wash your hands with soap and warm water for at least 20 seconds regularly. Alcohol-based hand sanitizer may be used if soap and water aren't available.



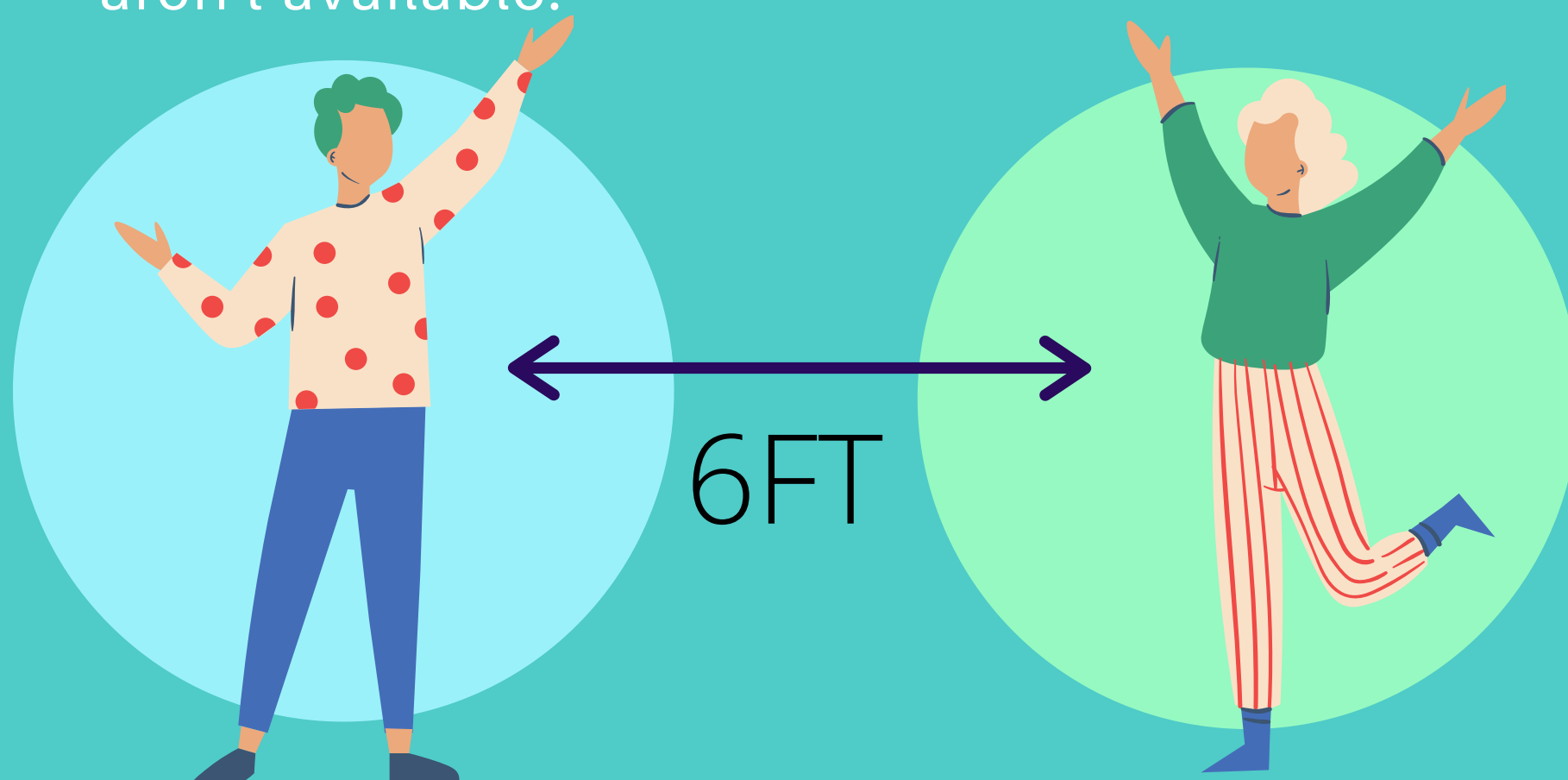
NO FACE TOUCHING

Avoid touching your eyes, mouth, and face with your hands



WEAR A MASK

When in public, wear a face mask. Make sure it covers your mouth and nose without any gaps between your face and the mask.



PHYSICAL DISTANCING

Maintain a distance of at least 6 feet from anyone in public.



SELF CARE

Take care of your body-physically, emotionally, nutritionally.

