



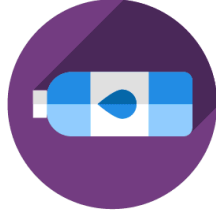
# FOR TIPS STAYING HEALTHY



Wash your hands often



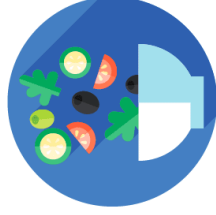
Get up-to-date on your immunizations



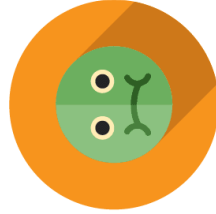
Drink more water



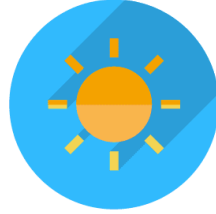
Keep hand sanitizer on hand



Eat healthy



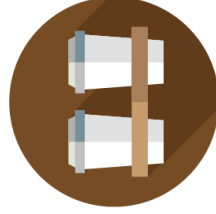
Avoid others who are not feeling well or exhibit symptoms of illness



Take breaks and get out in the sun and fresh air



Eat snacks throughout the day vs. a heavy mid-day meal



Limit caffeine intake



Manage stress properly