

Personal Practices and Healthy Habits



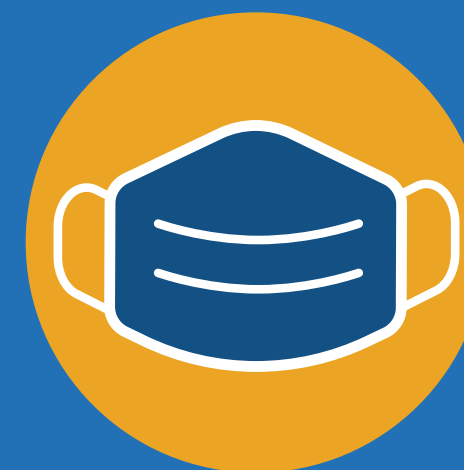
**EAT WELL, SLEEP WELL,
AND EXERCISE!**



**WASH OR SANITIZE YOUR
HANDS FREQUENTLY**



**AVOID SHARING FOOD,
DRINKS, AND OTHER ITEMS
THAT TOUCH THE MOUTH**



**MASKS ARE PERMITTED
AND A PERSONAL CHOICE**



**RESPECT THE PERSONAL
SPACE OF OTHERS**



**COVER COUGHS
AND SNEEZES**



STAY HOME WHEN SICK