**Healthy Habits**

* Wash your hands often with soap and warm water for at least 20 seconds
* Cover your mouth and nose when you sneeze or cough
* Avoid touching your eyes, nose and mouth
* Clean and disinfect surfaces and objects with household cleaning spray or wipes
* Stay home if you are sick
* Avoid close contact, sharing cups, or sharing eating utensils
* Practice good health habits:
  + Get plenty of sleep
  + Be physically active
  + Manage your stress
  + Drink lots of water
  + Eat nutritious food

**Note**: The CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory illnesses, including COVID-19.

