



Protect Yourself and Others from Infection

10 Ways to Prevent Infection



Clean your hands often



Keep yourself hydrated and skin moisturized



Get vaccinated



Keep your environment clean



Get fresh air

Practice food safety - clean, separate, cook, and chill



Stay home if you are sick



Cover your coughs and sneezes



Take your MEDS (meditate, exercise, diet, and sleep)



Keep personal items to yourself (e.g., razors, toothbrushes, cups/drinks, lip gloss/balm, etc.)



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