

SHOPPING DURING CORONAVIRUS

PREVENTION IS BETTER THAN TREATMENT

REMEMBER TO BRING:

- **FACE MASK**
SOME PLACES WILL REQUIRE YOU TO WEAR ONE
- **PAPER BAG**
TO STORE YOUR MASK IN IF YOU NEED TO REMOVE IT WHILE YOU ARE OUT

- **DISINFECTANT SPRAY**

HAND SANITIZER

CLOTH MASKS AND THE CLOTHES YOU WORE OUT SHOULD BE WASHED

ITEMS YOU BRING INTO YOUR HOME SHOULD BE CLEANED AND SO SHOULD SURFACES THEY TOUCHED

WASH YOUR HANDS

LEAVE YOUR SHOES AT THE DOOR

AT YOUR CAR, WIPE DOWN DOOR HANDLES, STEERING WHEEL, YOUR KEYS & CARDS IN YOUR WALLET

BACK AT YOUR CAR, WASH OR SANITIZE YOUR HANDS

YOU DON'T NEED TO WEAR A MASK OR GLOVES WHILE DRIVING

AVOID TOUCHING THINGS YOU DON'T HAVE TO

ONLY GRAB THE ITEMS YOU NEED

USE SELF-CHECKOUT WHEN POSSIBLE

WIPE DOWN SCREENS AND TOUCHPADS

PREPAY OR PAY WITH A CARD

CLEAN YOUR CARDS WITH A WIPE AFTER USE

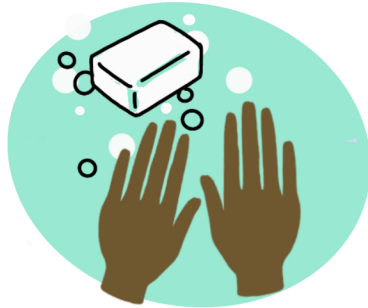
TRY NOT TO HANDLE CASH

SOCIAL DISTANCE

6 FEET

LIFESTYLE HABITS IN THE ERA OF COVID-19 ... AND BEYOND

DO



HAND HYGIENE

PREVENTS THE SPREAD OF CORONAVIRUS AND OTHER INFECTIOUS DISEASES

WASH YOUR HANDS BEFORE TAKING MEDICATIONS



* DURING THE CORONAVIRUS PANDEMIC, REMEMBER TO PRACTICE SOCIAL DISTANCING AND HAVE ACCESS TO A FACE MASK



EXERCISE

REGULARLY. IT LOWERS STRESS AND CAN HELP YOU MAINTAIN A HEALTHY WEIGHT.

EXERCISE HELPS IMPROVE LUNG FUNCTION



WEAK LUNGS HAVE A HARDER TIME FIGHTING OFF INFECTIOUS LUNG DISEASES LIKE COVID-19 AND PNEUMONIA



GOOD NUTRITION

INCLUDING LOTS OF FRUITS AND VEGETABLES, IS THE FUEL FOR A HEALTHY BODY

GET YOUR ZINC - A MINERAL THAT INCREASES PRODUCTION OF WHITE BLOOD CELLS AND T-CELLS THAT HELP FIGHT INFECTION



SLEEP

HELPS BOOST YOUR IMMUNE SYSTEM. TRY HARD TO GET ENOUGH.

NUTS, SEEDS, BEANS AND MEATS ARE HIGH IN ZINC

* COOK MEATS THOROUGHLY

* TRY TO EAT FOODS WITHOUT ADDITIVES OR PRESERVATIVES

DON'T

DON'T STOP

TAKING MEDICATIONS BEFORE TALKING TO YOUR DOCTOR

DON'T GO OUT

WHEN YOU ARE SICK

DON'T SMOKE

IT COMPROMISES LUNG HEALTH

DON'T SHARE

CIGARETTES, CIGARS, VAPING PENS, DRINKS OR UTENSILS



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