

# PRESENT DAY HEALTH REALITY

❖ Wear face covering at all times when in public.



This Photo by Unknown Author is licensed under [CC BY-SA-NC](#)

❖ Wash hands for 20 seconds as often as you can.



This Photo by Unknown Author is licensed under [CC BY-SA-NC](#)

❖ Sanitize hands when hand washing is not possible.



[This Photo](#) by Unknown Author is licensed under [CC BY-NC](#)

❖ Clean frequently touched surfaces often for example:

For example: door knobs, faucets, toilet tank handle, remote controls, fridge door to name a few.

[This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)



[This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)

- ❖ Exercise at least 3 times per week. Walking is one activity that most people can do.



- ❖ Eat a healthy diet, rich in fruits and vegetables.



[This Photo](#) by Unknown Author is licensed under [CC BY](#)



❖ Drink lots of water, cut back on sugary drinks.



[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)