STAY HEALTHY
FOLLOW THESE TIPS EVERYDAY

C over your mouth and nose with your sleeve!
O nly use your own utensils - don't share.
U se soap and water to wash hands often.
G et plenty of sleep, exercise, & eat a healthy diet.
H ome is where to stay when you're sick - Not work or school!

To contact DHHS call 2-1-1 or visit www.dhhs.nh.gov.