



Exercise



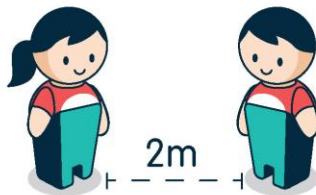
Wear a medical mask.



Clean your hands with alcohol-based sanitizer.



Wash your hands with soap.



Physical Distance



Stay at Home



Healthy Eating



Get Enough Sleep



Mental Health Care

