Brush your hair





Brush your teeth twice daily





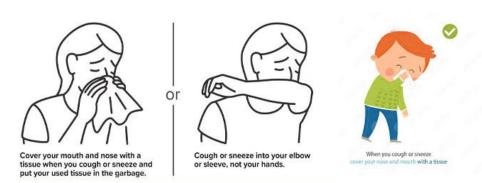




Cut your nails regularly



Cover your mouth or nose with a tissue or sleeve when coughing or sneezing.



Wash your hands regularly.



Take a shower every day.









Wear clean clothes.









Wipe your mouth after eating food or drinking water or other beverages.



