

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.



Cover your mouth and nose with a tissue when you cough or sneeze and put your used tissue in the garbage.

or



Cough or sneeze into your elbow or sleeve, not your hands.



When you cough or sneeze cover your nose and mouth with a tissue

Wash your hands regularly.



Take a shower every day.





Wear clean clothes.





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