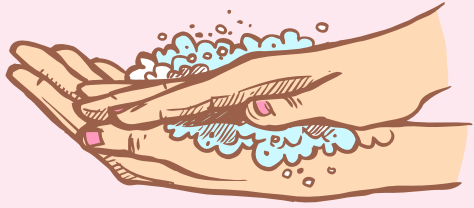# GOOD HEALTH AND HYGIENE DURING COVID-19

COVID-19

Keep virus and germs away by following simple routine hygiene practices

Wash Your Hands

frequently with soap and water for at least 20 seconds. Dry hands using clean towel/cloth/tissue or air dry

Hand Sanitizer

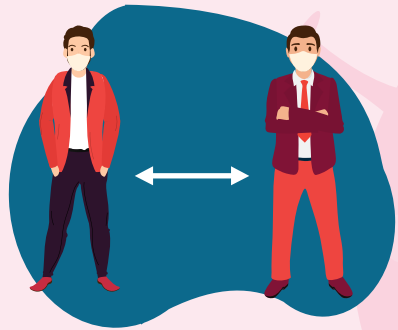When soap and water are not available, clean your hands with at least 60% alcohol based hand sanitizer

Keep Your Body Clean

Bath regularly, wear clean clothes, brush your teeth everyday

Wear a Mask

Cover your face with a clean mask while going out

Physical Distancing

Maintain a distance of two-arms length from other people

Eat Healthy and Safe Food

Eat healthy and wholesome diet. The more colours, the richer your diet will be. Do not skip your meals. Drink at least two litres (8-10 glasses) of water everyday. Thoroughly wash your fruits and vegetables before consuming

NO TOBACCO

Say No to All Forms of Tobacco

Smoking weakens the immune system and makes the body more susceptible to infections

Get a Good Night's Sleep

Sleep for atleast about 8-9 hours daily

Physical Activity

Regularly exercise for at least 60 minutes to promote good health and to boost your immunity

Mental Wellness

Take time out to relax. Stay happy and positive!

Voluntary Health
Association of India