10 THINGS YOU CAN DO NOW TO PREPARE FOR COVID-19

TREAT YOUR IMMUNE SYSTEM WELL

1. Get appropriate sleep.
2. Eat nutritiously and drink plenty of fluids.
3. Stay physically active.
4. Manage your stress levels.

TAKE ACTIONS THAT HELP PREVENT THE SPREAD OF ALL ILLNESSES

5. Stay home if ill and avoid contact with ill people.
7. Cover coughs and sneezes—not with your hands.
8. Disinfect frequently touched objects and surfaces with bleached-based cleaners.
9. Avoid touching your eyes, nose, or mouth.
10. Avoid sharing food or personal items.

For the most updated COVID-19 information visit SaltLakeHealth.org or CDC.gov/COVID19.