

# Good Health Tips

- **1. Don't eat or touch your face if your hands are dirty. Wash first!**
- **2. Wash any fruits or vegetables with clean water before eating.**



## PREVIEW

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- **4. If someone is sick keep a safe distance. Avoid touching or sharing any food or drinks with them.**
- **5. Exercising, eating healthy, and getting a good night's sleep is good for your immune system!**
- **6. Getting a flu shot can help prevent you from getting the flu.**