

- **Wash hands often.** Can carry a small tube of hand sanitizer or sanitizing hand wipes when visiting public places.
- **Don't smoke.** Cigarette smoke can irritate the airways and increase susceptibility to colds and other infections.
- **Use disposable items if someone in family is infected.** Disposable cups can be thrown away after each use and prevent accidental spread of the virus from sharing of cups or glasses.
- **Keep household surfaces clean & Avoid Sharing Objects such as Towels.**
- **Throw tissues away after use.**
- **Maintain a healthy lifestyle**
 - Gets lots of fresh air
 - Exercise regularly and frequently
 - Drink green tea or ginger tea as to stimulate the immune system

