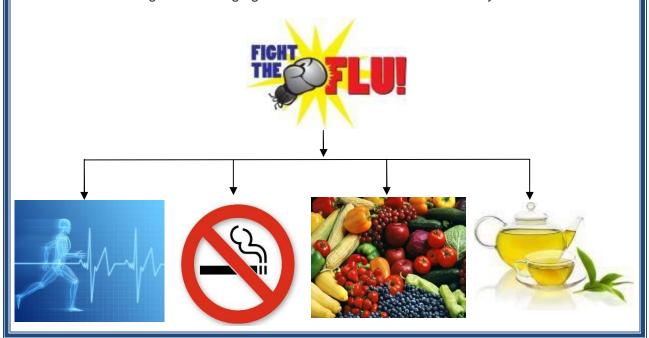


 Wash hands often. Can carry a small tube of hand sanitizer or sanitizing hand wipes when visiting public places.



- 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





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