STAY HEALTHY
FOLLOW THESE TIPS EVERYDAY

Cover your mouth and nose with your sleeve!

Only use your own utensils – don’t share!

Use soap and water to wash hands often.

Get plenty of sleep, exercise, & eat a healthy diet.

Home is where to stay when you’re sick - Not work or school!

To contact DHHS call 603-271-4496 or visit www.dhhs.nh.gov.