

## Some Good Ideas to Prevent Getting the Coronavirus

There is no way to specifically prevent getting the virus, if you are exposed to it. However, to best prevent getting it, please follow these suggestions:

1. Wash your hands often with soap and water for at least 20 seconds. If you do not have access to soap and water, then use a hand sanitizer.
2. Cover your coughs and sneezes with a tissue, and cough into your elbow area.
3. If you are not feeling well, please stay home.
4. Go to sleep early, and do not get interrupted by your phone. Get a good night's sleep - every night.
5. Avoid touching your eyes, nose and mouth. This is hard to do, but it helps prevent getting unhealthy germs.
6. Eat healthy meals, and limit your snacks. And, especially, try to eat a good breakfast. Eating healthy helps boost your energy and immunity.
7. Finally, do your best to “de-stress.” That means relax. Watch some funny movies. Read a book. Write some poetry. Write down your thoughts and ideas. Try to avoid drama. Go to the Zone. Get some exercise every day. And, if you have concerns, get some counseling. It CAN really help you feel better.

One more thing - Masks and gloves are not necessary.

If you have any questions, please see your school nurse.

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