



# How to Stay Healthy While a Sickness Is Spreading

Have you ever wanted to **not** get sick when a disease is going around? (flu, cold, H1N1, cough, etc.) Well continue reading to find out!

## Steps

- 1** **Always drink plenty of water.** You should drink about 8 glasses a day!
- 2** **Remember to get your shots.** (flu shot, chicken pox shot, etc.)
- 3** **Have sanitizing wipes, or hand sanitizer, or alcohol.**
- 4** **Keep a box of tissues around.**
- 5** **Don't share anything with anyone who is sick, because you will most likely get sick as well.**
- 6** **Remember to wash your hands before you eat, and after you go to the bathroom.**
- 7** **Eat a variety of foods, like fruits, veggies, meat, etc.** \*Make sure it's healthy!
- 8** **Get a good nights sleep.**
- 9** **Exercise daily!**
- 10** **Take daily vitamins!**
- 11** **Be sure to relax.** Too much stress can make you sick!
- 12** **Don't smoke, or drink.** This can increase your chance!
- 13** **Clean surfaces.** Bacteria can multiply rapidly!

## Tips

- If you happen to get sick, stay home from work or school to prevent spreading it.
- Stay away from sick people.
- Go to the doctor if you think something is wrong.

## Warnings

- **Do not try to get sick!** There are some consequences for trying to get sick!
- You can get a serious illness if you aren't careful! Some people can die, if they aren't careful!

## Things You'll Need

- Tissues
- Hand sanitizer or wipes