



# 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