

How Do I Keep From Getting Sick?

S S R D B R V D L S G F E B U M D T C Z A Q G F
D Q V S E N O S L G U S N W E A T V E G G I E S
A F P A Q H M E P S C T O I V I R X U C K U U T
W L D Q N Z Y Q H H B U A I F U M H V N A S G H
R E X E R C I S E J R K N E V O Q O M B G E N U
L I T B G V H B S O W X P Y S G L C L M B A Z Z
C S W C W V T K T O J H B I P W C H P F X N J C
I S C H A N U U N V F L M G N L L T E W H T N H
Z F L X S Z O U E V T E L A D O C O E Z A I H P
X K G H H J M B M M C H G N K Y Z R L V X B Y F
C B W S H E R F T Y Y H U Z P O Q B S Z I A C J
T Y C F A T U A N I Z J L T V M Z E O Y M C J H
M F F Z N L O L I C Z C G J X R N N L F D T L I
Q U R Z D D Y L O O A B D I F D L O Q T H E R H
A W U U S G R F P D Q G A D P B C B L A D R E O
L R R J W Y E U P X H I O Q R B E X V J R I T N
K U E F K B V N A S B M I F K N Z Y E D J A A O
X T Y R W J O C R U F X O T M Z K F H G S L W M
K X P Z Y B C E O D P A O Z I T I V P P W S K I
I L Y I R K G A T J E C N I M A T I V B K O N L
S I S N H C U D C G G K Y J J Q E P V A O A I K
K Y T C E C Z B O H C X D L Z V S F T T M P R C
V I T A M I N D D Q D K N H X L I F J J B R D I
Y M C I K Q K H S C S W T F N I H R V X G H B G

Use Antibacterial Soap

Eat Veggies

Wash Hands

Exercise

Sleep

Doctor Appointments

Drink Water

Vitamin D

TELADOC

Zinc

Cover Your Mouth

Bone Broth

Vitamin C

No Milk

OTC