

# Coronavirus Disease 2019 (COVID-19): Ways to Stay Healthy

Take these steps to strengthen your immune system. A strong immune system is better able to fight off diseases, such as COVID-19.



Get vaccinated to prevent getting very sick or dying from COVID-19. Get a COVID-19 booster vaccination to improve your protection.



Quit or cut back on smoking. Limit how much alcohol you drink.



Eat plenty of fruits and vegetables and drink plenty of water.



Get enough sleep. Your body needs it to stay healthy!



Exercise often. Take walks outside or find space inside to do a free online exercise class.



Wash your hands often with soap and water for 20 seconds. Use an alcohol-based sanitizer if you don't have soap.

## These actions won't prevent COVID-19 or kill COVID-19 once you have it:

- Taking a hot bath
- Gargling with vinegar, salt water, or other substance
- Using a hot hand dryer
- Rinsing your nose with saline
- Drinking apple cider vinegar
- Drinking disinfectants or bleach
- Putting disinfectants/bleach on your body

