

Healthy lifestyle



Have a shower or bath every day.



Brush and floss your teeth after meals.



Wash your hands with soap.



Drink 6–8 glasses of water each day.



Eat a balanced diet.



Say no to drugs and alcohol.

Make time to relax.

Exercise three times a week.



Visit the dentist regularly.

Go to bed early and get enough rest.



Do not spend a lot of time looking at screens.



Spend time with friends and family.



Sneeze into a tissue or your arm.



Get vaccinated for illnesses like measles, chickenpox, meningitis B and HPV.



Stay at home if you have a temperature.

