



1. HAVE LOTS OF SLEEP.
2. DON'T EAT LOTS OF FAST FOOD.
3. DRINK LOTS OF WATER.
4. DON'T COUGH ON OTHERS.
5. TAKE A BATH.
6. EAT LOTS OF FRUIT.
7. DO LOTS OF EXERCISE.
8. DON'T PLAY LOTS OF VIDEO GAMES.
9. EAT LOTS OF VEGETABLES.
10. VISIT THE DOCTOR.
11. BRUSH YOUR TEETH.
12. WASH YOUR HANDS.