Complete the sentences with should or shouldn't

You avoid using public transport wherever possible.
You touch your face with dirty hands.
3. You wash your hands for less than 20 seconds.
4. You always wash your hands with soap.
5. You shake hands.
6. You wear your face mask in places where there are lots of people.
7. Youstop exercising.
8. You sleep less.
9. You self-isolate if you suspect you've been infected.
10. You disinfect your mobile phone.
11. You use hand sanitizer that's less than 60% alcohol.
12. You eat a lot of veggies.
13. You go out when you're sick.
14. You forget to drink water.
15. You check the news before bed.
16. You do things you enjoy.
17. You continue to observe social distancing when you are outside, ensuring you are 2 metres away from anyone outside your household.
18. You use an outdoor gym or playground.