

Prevention Tips Checklist

Health & Hygiene

- ☐ Wash hands regularly with soap and water for at least 20 seconds
- ☐ Avoid touching your face with unwashed hands
- ☐ Stay home when feeling sick
- ☐ Keep vaccinations up to date

Nutrition & Fitness

- ☐ Eat a balanced diet rich in fruits, vegetables, and whole grains
- ☐ Drink at least 8 cups of water daily
- ☐ Exercise for at least 30 minutes a day, 5 days a week
- ☐ Limit sugar and salt intake

Mental Wellness

- ☐ Get 7-9 hours of sleep nightly
- ☐ Practice mindfulness or meditation
- ☐ Maintain social connections
- ☐ Seek professional help if feeling overwhelmed

Safety & Environment

- ☐ Use protective gear (helmets, seat belts, masks, etc.)
- ☐ Check smoke alarms and plan fire escape routes
- ☐ Use strong passwords and avoid suspicious links
- ☐ Keep home walkways clear and install grab bars if needed

Chronic Disease Prevention

- ☐ Schedule regular medical checkups
- ☐ Monitor blood pressure and blood sugar levels
- ☐ Avoid smoking and limit alcohol consumption
- ☐ Manage stress effectively