

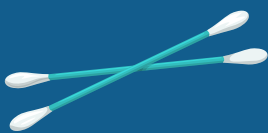


9 TIPS TO STAY HEALTHY *and stop the spread*

In addition to washing your hands frequently, keeping your distance and not touching your eyes, nose or mouth with unwashed hands, here are some pro tips for staying safe!

1 STOP WEARING CONTACTS.

Opt for glasses or consider LASIK instead.



2 GRAB SOME Q-TIPS.

You can use them to push keys at ATMs and check-out kiosks to avoid touching the screens.

3 MAKE A MASK.

This will keep your nose and mouth safe, and going with a homemade version leaves the more heavy-duty versions for healthcare workers.



4 KEEP PLASTIC BAGS ON YOU.

No gloves? No problem. Use a plastic bag at the gas pump and when grabbing things off shelves. Properly dispose of them after each use.

5 CLEAN THINGS YOU USE A LOT.

Your phone, pens, keys, keyboards - give them an extra "scrub" with an appropriate disinfectant.



6 PUT TISSUES IN YOUR POCKET (OR PURSE).

Keep tissues on you so that if you cough or sneeze (allergies!), you can use the tissue and throw it away. And, these work if you have an itch on your face or nose, too!

7 GET RID OF PACKAGING.

Take your groceries (or take-out meals) out of the packages when you get home and throw the packaging away.



8 PUT ONE HAND IN YOUR POCKET.

When you have to venture out to the stores, keep one in your pocket while shopping so that you're using only one hand.

9

BE PATIENT AT THE GROCERY STORE.

If someone's already on the aisle, head to another one until they're done. Remember, we're all in this together. Smile at each other, and know this won't be forever.



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