

## Commitment to Safety and Success

# 8 Tips to Keep Healthy While in Isolation or Quarantine (COVID-19)



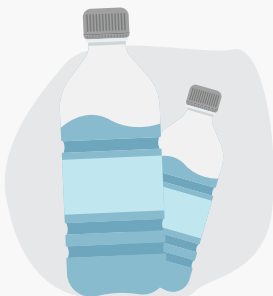
Establish a routine and practice mindful eating



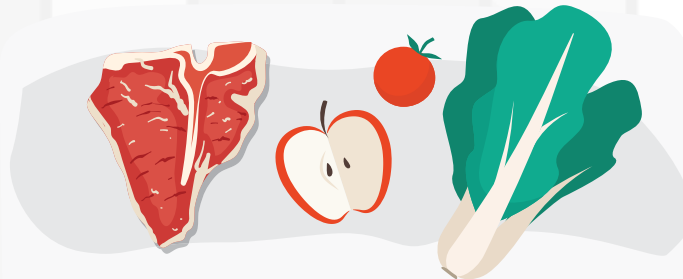
Practice safe food hygiene



Practice meditation



Keep hydrated



Eat a balanced and varied diet



Stay active at home



Get enough quality sleep



Get information from trustworthy sources