

5 Tips to be Healthy

Be healthy it's very important. we have to prevent illnesses and virus. Here there are...

5 TIPS TO BE HEALTHY AND PREVENT SOME ILLNESSES AND VIRUS !

-
1. Have a nice hygiene (frequently have a shower, wash your hands...)
 2. Eat healthy and varied food.
 3. Brush your teeth (minimum twice a day).
 4. Have all the necessaries vaccines to prevent illnesses and virus).
 5. when you cough, cover your mouth not to transmute the other people.

