BE HEALTH SMART
It’s the best way to stay healthy and protect yourself from getting sick all year round.

- Eat well-balanced, nutritious meals
- Get plenty of rest—aim for 8 hours a night!
- Stay hydrated
- Wash your hands often
- Avoid touching your face
- Cover your cough or sneeze
- Clean your hands often
- Discard tissues after use
- Disinfect commonly touched items like doorknobs and phones
- Avoid sharing drinks, phones, tablets, earbuds, keyboards, makeup or toothbrushes

Thank you for helping us keep our community healthy and safe!

Questions? We can help.

Contact the Pelham Medical Service at the Schacht Center for Health and Wellness:

For medical appointments • 413-585-2250

For nursing advice • 413-585-2813