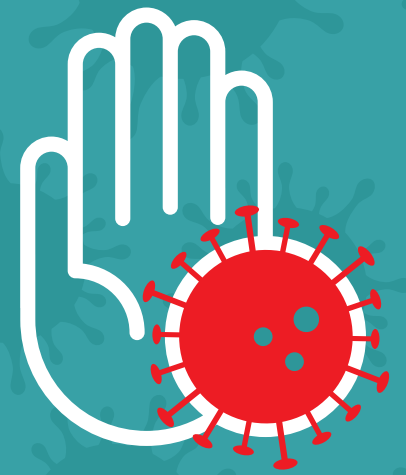




PROTECT YOURSELF FROM COVID-19



GREEN VEGETABLES



SPINACH



KALE



BROCCOLI

Eat Superfoods that Fight Viruses



GARLIC



BEETS



CITRUS

FRUIT



BERRIES



PLUMS

Stop & Reduce Things that Weaken Your Body



SMOKING



SUGAR

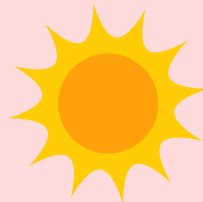


ALCOHOL



FATS & MEATS

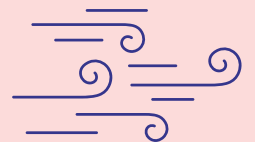
Build a Strong Mind & Body Naturally



SUNSHINE



REST



FRESH AIR



LOTS OF WATER
DRINK • WASH AND SANITIZE
HOT & COLD SHOWERS



EXERCISE



TRUST IN GOD
CHOOSE PEACEFUL THOUGHTS

Get the facts and find encouragement at godcareseveryday.org

This handout is sponsored by ASAP Ministries, an Adventist-laymen's Services & Industries (ASI) member organization.