

# 10 Tips for a Healthy Winter

## I. Introduction

## II. Prevent Illness

- A. Get Plenty of \_\_\_\_\_ .
- B. \_\_\_\_\_ a Healthy \_\_\_\_\_ .
- C. \_\_\_\_\_ Regularly.
- D. Maintain Proper \_\_\_\_\_ .
- E. Keep \_\_\_\_\_ to a Minimum.

## III. Responding to an Illness

- A. Cover Your \_\_\_\_\_ .
- B. \_\_\_\_\_ Others.
- C. Treat the \_\_\_\_\_, not the \_\_\_\_\_.
- D. Ask for \_\_\_\_\_ .
- E. \_\_\_\_\_ Yourself

## IV. Conclusion