

TAKE CARE STAY WELL



Hand
hygiene



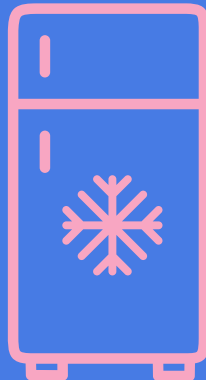
Oral hygiene



Personal
hygiene



Clothes
hygiene



Food hygiene

Environmental
hygiene



Physical activity and
lifestyle



Protect yourself



Be up to date
with your
vaccines



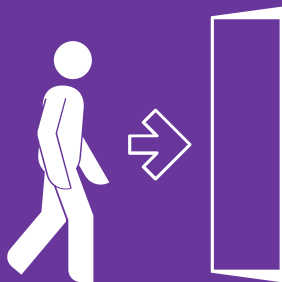
TAKE CARE STAY WELL

Hand
hygiene



Washing your hands with water and soap
is a simple way to stay healthy.

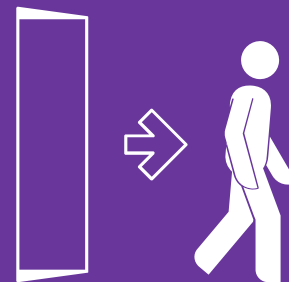
FOR EVERYONE



Every time you
enter the
welcome centre



Before a “clean” activity



Every time you
leave your
personal space



After a “dirty
activity”

I wash my
hands



**TAKE
ACTION**

TAKE CARE STAY WELL

Oral hygiene



Brushing your teeth every day is a simple way to stay healthy.

FOR EVERYONE



- Brush your teeth for 3 minutes.



- Twice a day, morning and evening.

 **TAKE
ACTION**



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TAKE CARE STAY WELL

Personal hygiene



Washing yourself regularly is a simple way to stay healthy.

FOR EVERYONE



- Have a shower every day when possible.
- Wash, rinse, and dry skin properly.
- Change your towel at least once a week .



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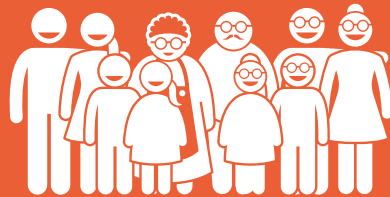
TAKE CARE STAY WELL

Clothes
hygiene



Wearing clean and dry clothes is a simple way to stay healthy.

FOR EVERYONE



- Wear clean and dry clothes.
- Try to change underwear each day.
- Adapt outfit based on the temperature.
- Use the right type of shoes.
- Keep your feet dry.



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 **TAKE
ACTION**



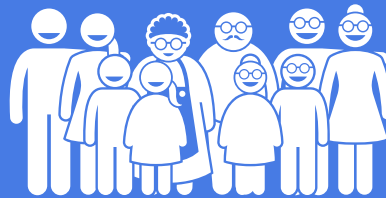
TAKE CARE STAY WELL

Food
hygiene



Eating safely is a simple way to stay healthy.

EVERYONE



Handle food with clean hands.



Store food in a cool place.

Don't consume food past its sell- by date. If in doubt, consult your social worker.



**TAKE
ACTION**



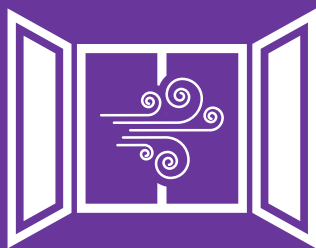
TAKE CARE STAY WELL

Environmental
hygiene



Living in a clean place is a simple way to stay healthy.

FOR EVERYONE



Open the window for 10 minutes, 2 or 3 times a day.

Take out the rubbish everyday.



Clean regularly, especially the bathroom.

**TAKE
ACTION**



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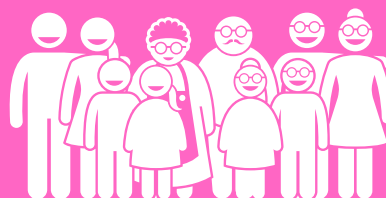
TAKE CARE STAY WELL

Physical activity and lifestyle



Exercising, sleeping, and eating healthily are simple ways to maintain both physical and mental health.

FOR EVERYONE



Walk everyday.



adult:

30
min

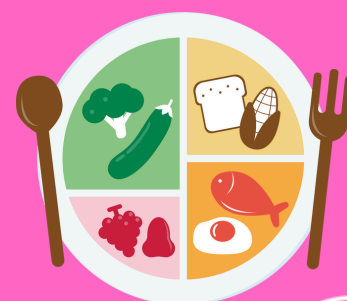
infant :

1
hour



Get enough sleep.

Aim for a balanced diet with limited sugar and salt content.



**TAKE
ACTION**



TAKE CARE STAY WELL

Protect
yourself



Protecting yourself during sexual activity is a simple way to stay healthy.

FOR EVERYONE



Use one or more forms of
contraception.



Get anonymous STI testing
and reach out to a social
worker if assistance needed.

**TAKE
ACTION**



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TAKE CARE STAY WELL

Vaccination



Being up to date with your vaccinations is a simple way to stay healthy.

FOR EVERYONE



Make an appointment with a doctor to update your vaccinations.
Contact a social worker to schedule the appointment.



**TAKE
ACTION**



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