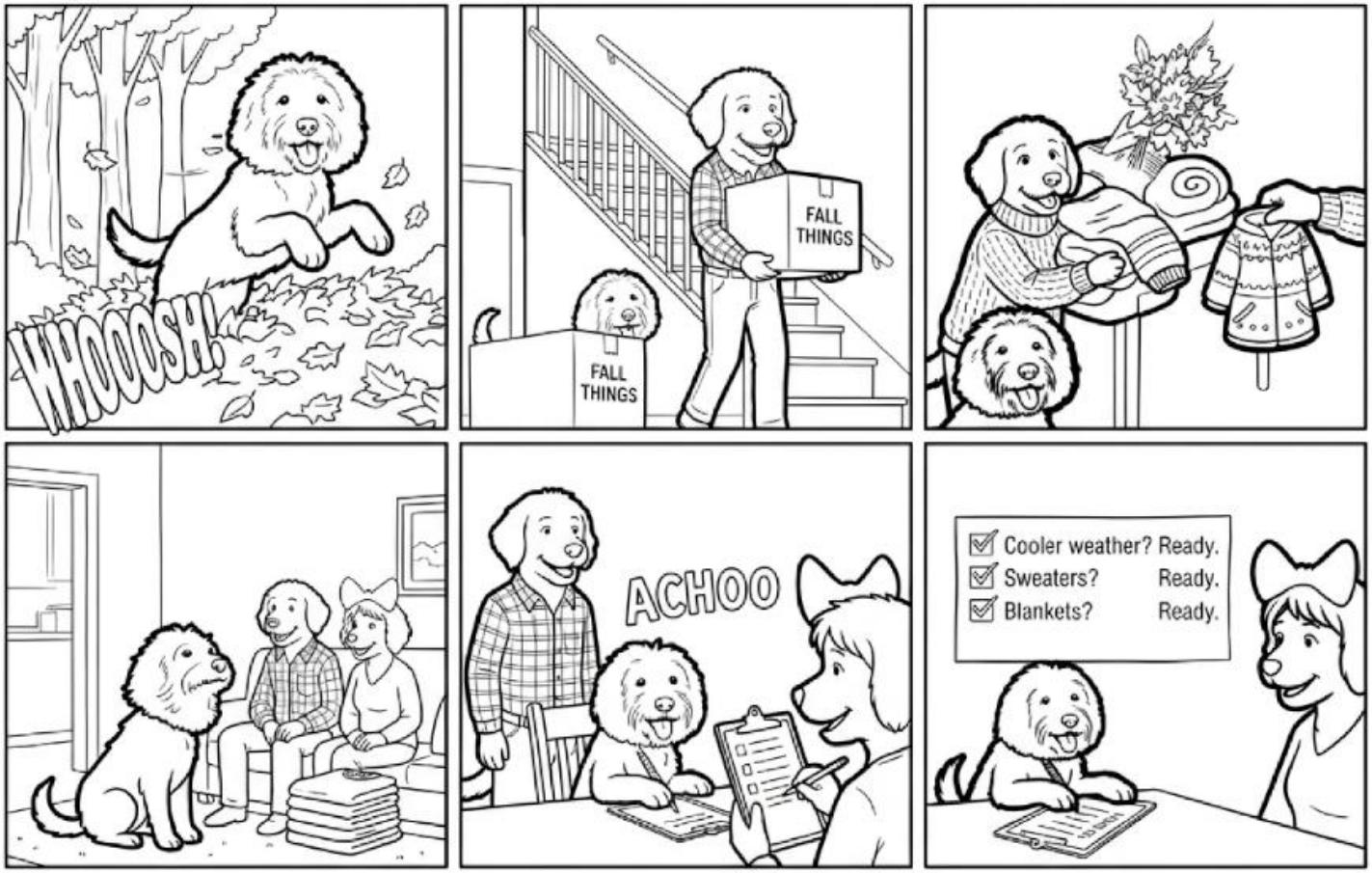


Healthy rules to live by:



WASH YOUR HANDS

Soap and water help remove germs.



COVER COUGHS AND SNEEZES

If yon can't find a tissue, elbows work.



GET ENOUGH SLEEP

Harvey is extremely good at this one!

Healthywithharvey.org, © 2026 Healthy With Harvey, Inc