

IMMUNE BOOSTING

Checklist 



Here are healthy suggestions straight from the US Centers for Disease Control to help prevent catching viruses or other illnesses.



Train yourself not to touch your eyes, nose, and mouth. This is a toughie, but it's a habit that will serve you the rest of your life, helping you avoid Coronavirus, colds, flu, and other viruses!

Wash your hands often with soap and water for at LEAST 20 seconds. If you don't have soap or water available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Avoid touching common public surfaces that other people touch – like door panels, doorknobs, etc.

Clean and frequently disinfect surfaces and objects (like your cell phone!) that are frequently touched. You can use a regular household cleaner or wipe for this.

Avoid close contact with people who are sick.

If you are sick, stay home.

If you cough or sneeze, cover your mouth and a nose with a tissue, and then throw the tissue directly in the trash.

Here are some other things you can do to help boost your immunity:

Get Enough Sleep. This can help improve your body's natural immune function.

Reduce Stress. Chronic stress appears to wear down your immune system and make you more vulnerable to illness.

Eat a Healthy & Balanced Diet (low in sugar). A balanced diet rich in antioxidants (found in vegetables and fruits) and healthy fats can help support your immune system.

Stay Hydrated. Drinking water helps your cells operate optimally, plus it helps your body more easily process food & eliminate waste.

Exercise. Moderate to intense workouts lasting under an hour help boost your immune system both immediately and in the long run.

SOURCES:

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