

BOOST YOUR IMMUNE SYSTEM & PREVENT ILLNESS



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Use these tips from the US Centers for Disease Control (CDC) to help prevent catching viruses or other illnesses.

- Do not touch your eyes, nose, and mouth. This can be difficult, but it's a good habit that will help you avoid colds, flu, and other viruses!
- Wash your hands often with soap and water for at LEAST 20 seconds (sing Happy Birthday twice). 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 doorknobs, touch screens, shopping carts, gas pumps, etc.
- Clean and frequently disinfect surfaces and objects (like your cell phone!) that are frequently touched.
- Avoid close contact with people who are sick.
- Stay home if you can, especially if you are sick.
- If you cough or sneeze, cover your mouth and a nose with a tissue, and then throw the tissue directly in the trash.

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Ways to help boost your immunity:

- Get Enough Sleep.** This can help improve your body's natural immune function. Aim for 8–9 hours every night.
- Reduce Stress.** Chronic stress can wear down your immune system, making 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 remove toxins.
- 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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