



HEALTHY *Lifestyle*

IMMUNE-BOOSTING CHECKLIST



Here Are Some

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 tough one, but it's a habit that will serve you the rest of your life, helping you avoid the 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 nose with a tissue, and then throw the tissue immediately 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 and eliminate waste.
- Exercise.** Moderate to intense workouts lasting under an hour help boost your immune system both immediately and in the long run.

SOURCES

<https://www.sciencedirect.com/science/article/pii/S2095254618301005?via%3Dihub>
<https://www.cdc.gov/coronavirus/2019-ncov/protect/prevent.html>
<https://linkinghub.elsevier.com/retrieve/pii/S1087079211000566>
<http://www.eurekaselect.com/88373/article>
<https://psycnet.apa.org/doiLanding?doi=10.1037%2F0033-2909.130.4.601>



Important Links & References

List of APPROVED Cleaning Products

<https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>

CDC Coronavirus “Protect Your Health”

<https://www.cdc.gov/coronavirus/2019-ncov/protect/prevent.html>

CDC Coronavirus “What You Should Know”

<https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

World Health Organization: Advice to the Public

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>