



# 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

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