

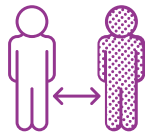
PROTECT YOUR IMMUNE SYSTEM



THE IMMUNE SYSTEM PROTECTS YOUR BODY FROM OUTSIDE INVADERS such as bacteria, viruses, fungi and toxins

AVOID INFECTION

- Avoid close contact with people who are sick
- Cover your mouth and nose when coughing or sneezing
- Clean/disinfect frequently touched surfaces often
- Receive all recommended vaccines
- Wash your hands frequently



HEALTH TIP



Fruits and vegetables are rich in nutrients like vitamin C, which may reduce the duration of the common cold

TIPS TO STAY HEALTHY

- Do not smoke.
- Get adequate sleep
- If you drink alcohol, drink only in moderation.
- Increase the amount of fruits and vegetables into your diet
- Maintain a healthy weight.
- Regularly perform moderate exercise (at least 150 minutes per week)
- Stay hydrated
- Try to minimize stress



DID YOU KNOW?

Those who slept fewer than **6 HOURS EACH NIGHT WERE MORE LIKELY TO COME DOWN WITH A COLD**

