7 TIPS FOR STAYING HEALTHY DURING A PANDEMIC

Eat a balanced healthy diet.
If you can't get enough vegetables in a day, try supplementing with a multivitamin.

Move.
Get at least 150 minutes of moderate aerobic activity over a week. The benefits are numerous and can reduce your risk of heart diseases, lower blood sugar level, improve mental well-being and more.

Relax.
Your body naturally releases cortisol, a hormone to fight inflammation and disease. However, when you are stressed, your body can release too much cortisol rendering it ineffective.
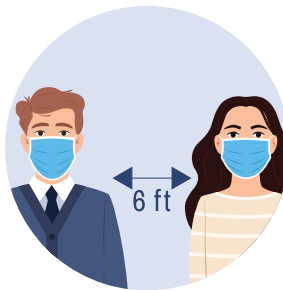
Sleep.
Cytokine is a protein released during sleep to fight infection. Try to get between seven and nine hours of sleep per night.
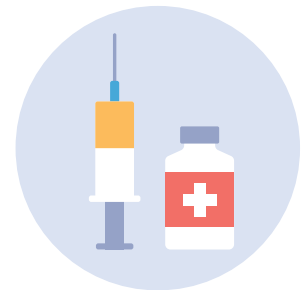
Wash your hands.
It is simple and effective. Wash your hands frequently, especially when in contact with dirty surfaces or food.

Avoid crowds and wear a mask.
Large crowds can easily become virus spreader events that infect countless people with COVID-19. Avoid them whenever possible. When you do need to be near people, wear a mask.

6 ft

Get vaccinated, it works.
According to a Centers for Disease Control study, you are 90% less likely to be admitted to a hospital for COVID-19 if you get the vaccine.

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