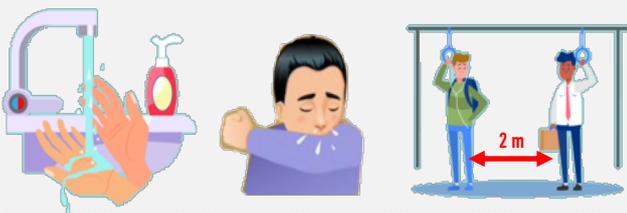


GENERAL ADVICE

Regularly washing your hands with soap or alcohol-based (70%) sanitisers is still your **best** defence against infection. Maintain **social distancing** especially with symptomatic people.



STRESS MANAGEMENT

High levels of **stress** significantly impair your immune system.

Daily **relaxation** and **breathing exercises** can help you manage your stress. Also consider taking 20 minute naps.



HYDRATION

Good hydration promotes **saliva production**, which is an essential part of oral defence. **Chewing gum** also assists with saliva flow.

Stay hydrated by **drinking enough fluid**, mostly **water**. **Warm drinks** also help, but **avoid caffeine** (tea, coffee) in the afternoon/evening as this impairs sleep.



SLEEP OPTIMISATION

Good **sleep quality** assists immune function.

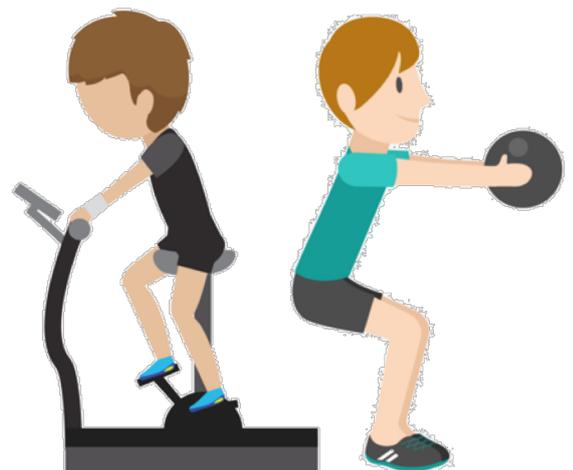
Aim to **8-9 hours/day**. You should feel refreshed upon awakening. Stick to the **same sleep-wake schedule**, even at weekends. Try **reading a book** instead of watching a screen (tv, computer, tablet, phone) before bed. **Black out** your room. Ensure **cool, quiet, comfortable** sleeping conditions (18°C).



MODERATE EXERCISE

Regular exercise is beneficial to immune function and psychological health.

Be **consistent**. Remain **active**. **Follow the Club program** whilst adhering to social distancing guidelines.





FRUIT & VEG INTAKE



Fruit & vegetables are rich in **antioxidants, flavonoids & polyphenols**, which help fight infection and keep you healthy.

Aim for 8-10 portions per day. (1 portion = 80 g). An easy addition are **vegetable soups** and **fruit smoothies**.

VITAMIN C



Vitamin C has been shown to support optimal immune function.

Aim for **500 mg daily**, and increase to **1 g** if symptomatic.

Foods with more than 100 mg per 100 g include: **black currants, peppers, broccoli & Brussel sprouts**.

VITAMIN D



Vitamin D is also important for immune function.

Aim for **10 mcg daily**. You get vitamin D from sunlight, but also certain foods. Foods with more than 10 mcg per 100 g include: **tuna, salmon, anchovies, mackerel, egg yolk**.

Mushrooms left in **sunlight** (windowsill) also increases their vitamin D content.



PROBIOTICS



Probiotics have been shown to improve **gut health**, which contributes to optimal **immune function**.

One **Yakult light** contains x6.5 billion bacteria, take x2 a day for optimal effects. **Kefir, yoghurt & cheese** are also contain probiotics.



OMEGA-3 FATTY ACID

Omega-3 has been reported to help an **adequate immune response** as it **prevents inflammation**. Aim for **3-5 g daily**.

Foods with more than 2 g per 100 g include: **quinoa, linseeds, chia seeds, soy and rapeseed oil, walnuts, salmon, anchovies**

