

Avoiding Infection

... Help Yourself and Help Others

Simple steps that **everyone** can follow to strengthen the body's defences to fight the good fight:



Stay at Home, Stay Apart, Stay Protected.

Avoid close contact: keep 2 metres (6 feet) apart (that's two arms' lengths) and don't go out unless it is essential. Remember: just one infected person can infect more than three others. Do your bit to save lives and keep the NHS running.



Keep Moving.

Make sure your heart and lungs are geared up for a fight - don't stay sitting down; stand up, move around, run up and down the stairs, get the Hoover out. Walk - go out for some fresh air, walk for half an hour each day (keeping your distance). Walking briskly raises the heart rate and keeps you fit. For those with internet, there are some good 20-minute exercise programmes on YouTube - for free. Do all those jobs you meant to do but didn't get round to - clearing out those cupboards, sorting out the garden shed....



Breathe.

Practice this: take a deep breath, hold it, and now steadily count to 30 without breathing in. This will help keep your lungs improving their capacity (most needed). Don't worry if you cannot reach 30, practice will improve it.



Less Food, More Water.

Hydrate: drink more water to help flush your system and soften your throat secretions.

Eat sensibly: go for quality not quantity, avoid the temptation to reach for the biscuits and sweets; increasing your sugar intake works against your immune system by reducing important nutrients. Broccoli, other green veg, and fresh fruit are rich in the vitamins that will boost your immune system. If you can, give your immunity a boost with vitamin supplements. Vitamin C, Vitamin D, and Zinc are all good for boosting your defences.



Sleep Well.

Aim for eight hours if you can, and keep windows open enough for some fresh air to circulate.



Look after your Body and Brain.

Don't leave your brain out of your defence plan. Read everything you never got around to reading, do crosswords, learn something new - things that give you a sense of achievement. Gardening or sitting in the sun will help your brain, and boost your vitamin D.

STOP smoking: this will definitely help (reducing might also help). There could not be a better time - you need your lungs to stay in good working order; continuing to smoke puts you at risk of worsening infection and delays recovery. It is going to offer benefits, no matter when you stop.

Lose weight: it will help improve breathing and activity levels.



Manage Your Fear.

Don't let it win out. This is an infection that 80-90% of us will be able to manage at home. All it needs are sensible measures and calm thinking. Keep a sense of proportion - look for one positive event each day that's not related to coronavirus. Remember: "Worry does not empty tomorrow of its sorrows; it empties today of its strength". It is very hard to feel anxious when you are busy feeling grateful.