

PREVENTING INFECTIONS

Hygiene Measures

1. Wash your hands often with soap and water for 20 seconds, especially before eating or preparing food, after using the washroom, or after sneezing or coughing
2. Avoid touching your eyes, nose or mouth
3. Cover your nose and mouth with a tissue when coughing or sneezing and promptly dispose of the tissue
4. Cough or sneeze into sleeve or jacket of bent arm rather than your hand
5. Avoid contact with others, if you or they are ill

Immune Strengthening Diet

- Drink a minimum of 8 glasses of **water** a day. Ensure hydration when illness strikes by eating steamed vegetables and vegetable broths or soups
- Eat plenty of **colorful fruits and vegetables** rich in Vitamin A & Vitamin C
 - * **Vitamin A** -yellow, orange, and dark green vegetables
 - * **Vitamin C**– red pepper, citrus, kiwi fruit, and broccoli, blueberries, blackberries
- Eat 1-3 cloves of **garlic** a day. Studies show that daily garlic intake is associated with less upper respiratory tract infection. For "*Immune Building Recipes*", see our website
- Consume healthy protein with every meal – including nuts, seeds, legumes (rich in immune boosting **zinc**) and wild fish (NO farmed fish)
- Essential Fatty Acids such as **Omega-3** found in flaxseed and especially marine sources such as wild fish (esp. salmon) and Cod Liver Oil (**Vitamin D & A**), are anti-inflammatory
- Immune-boosting **mushrooms** (i.e. shiitake & reishi) have antioxidants and essential nutrients such as copper, niacin, riboflavin and B vitamins
- Eat **fermented foods**: Kefir, yogurt, kombucha, fermented vegetables (i.e. sauerkraut, kimchee) to boost **probiotics** which improve both digestive health & immune function considering 70% of your entire immune system resides within the intestinal tract lining
- **Avoid refined sugar** and processed food. Animal studies suggest that a diet high in sugar results in impaired immune function. At the onset of symptoms, eat a diet that is easy to digest; avoid dairy, sugar and undiluted fruit juice, coffee, and white flour

Immune Strengthening Lifestyle

- Ensure adequate **rest** (8-9 hours of sleep per night)
- **Sunshine** to boost vitamin D that aids your immune function
- Get **fresh air** & breathe deeply to help your lungs be more resistant to infection
- A recent UW-Madison study showed meditation and **exercise** can reduce severity of cold and flu by 30-60%
- Identify possible food and environmental allergies that may be undermining your immune system's ability to fight infection