

LIFESTYLE HABITS

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IN THE ERA OF COVID-19 ... AND BEYOND

DO



HAND HYGIENE

PREVENTS THE SPREAD OF CORONAVIRUS AND OTHER INFECTIOUS DISEASES

WASH YOUR HANDS BEFORE TAKING MEDICATIONS



* DURING THE CORONAVIRUS PANDEMIC, REMEMBER TO PRACTICE SOCIAL DISTANCING AND HAVE ACCESS TO A FACE MASK



EXERCISE

REGULARLY. IT LOWERS STRESS AND CAN HELP YOU MAINTAIN A HEALTHY WEIGHT.

EXERCISE HELPS IMPROVE LUNG FUNCTION



WEAK LUNGS HAVE A HARDER TIME FIGHTING OFF INFECTIOUS LUNG DISEASES LIKE COVID-19 AND PNEUMONIA



GOOD NUTRITION

INCLUDING LOTS OF FRUITS AND VEGETABLES, IS THE FUEL FOR A HEALTHY BODY

GET YOUR ZINC - A MINERAL THAT INCREASES PRODUCTION OF WHITE BLOOD CELLS AND T-CELLS THAT HELP FIGHT INFECTION

NUTS, SEEDS, BEANS AND MEATS ARE HIGH IN ZINC

* COOK MEATS THOROUGHLY

* TRY TO EAT FOODS WITHOUT ADDITIVES OR PRESERVATIVES

IF YOU DRINK ALCOHOL, DRINK ONLY IN MODERATION



DON'T SHARE

CIGARETTES, CIGARS, VAPING PENS, DRINKS OR UTENSILS



SLEEP

HELPS BOOST YOUR IMMUNE SYSTEM. TRY HARD TO GET ENOUGH.

DON'T

DON'T STOP

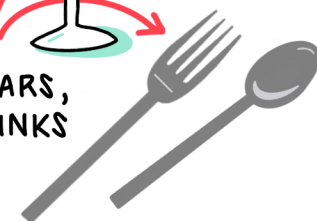
TAKING MEDICATIONS BEFORE TALKING TO YOUR DOCTOR

DON'T GO OUT

WHEN YOU ARE SICK

DON'T SMOKE

IT COMPROMISES LUNG HEALTH



★ PREVENTION IS BETTER THAN TREATMENT