

HEALTHY IS KNOWING GERMS & IMMUNITY FACTS

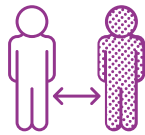
PROTECT YOUR IMMUNE SYSTEM



THE IMMUNE SYSTEM PROTECTS YOUR BODY FROM OUTSIDE INVADERS such as bacteria, viruses, fungi and toxins

AVOID INFECTION

- Avoid close contact with people who are sick
- Cover your mouth and nose when coughing or sneezing
- Clean/disinfect frequently touched surfaces often
- Receive all recommended vaccines
- Wash your hands frequently



HEALTH TIP



Fruits and vegetables are rich in nutrients like vitamin C, which may reduce the duration of the common cold

TIPS TO STAY HEALTHY

- **Do not smoke.** If you need help quitting, ECHN has a Freedom from Smoking program that can help! Call 860.646.1222, ext. 1408.
- **Get adequate sleep**
- **If you drink alcohol, drink only in moderation.** If you need help reducing or eliminating the use of alcohol, call the ECHN Behavioral Health Department, 860.533.3434.
- **Increase the amount of fruits and vegetables into your diet**
- **Maintain a healthy weight.** The ECHN Diabetes Wellness Center has a prevention program that can help one lose weight, eat healthy, reduce stress, call 860.647.6824.
- **Regularly perform moderate exercise (at least 150 minutes per week)**
- **Stay hydrated**
- **Try to minimize stress**



DID YOU KNOW?

Those who slept fewer than **6 HOURS EACH NIGHT WERE MORE LIKELY TO COME DOWN WITH A COLD**

