Boosting Immunity During Cold & Flu Season

Simple habits that help keep you healthy all season long.

What is Your Immune System?

Your body's natural defense system

Protects against viruses and bacteria

Works best when supported daily

Sleep: Your Secret Weapon

Adults should aim for **7–9 hours** nightly.

Benefits:

- Better immune response
- Faster recovery
- Lower inflammation

Eat the Rainbow

Fill your plate with colorful foods.

Focus on:
Vegetables
Fruits
Nuts & Seeds
Lean proteins
Whole grains

Different colors = different nutrients

Hydration Matters

- Water helps:
  - Carry nutrients
  - Regulate body temperature
  - Keep mucus membranes healthy
- Goal:
  Drink water consistently throughout the day.

Move Your Body

150 Minutes of Exercise/Week

2-3x a week

Strength training

Flexibility & Balance

Manage Stress

- Long-term stress weakens immune function.
- Try:
  - Deep breathing
  - Walking
  - Prayer/meditation
  - Reading
  - Music



Wash Those Hands!

- One of the BEST defenses.
- Wash for **20 seconds** especially:
  - Before eating
  - After restroom
  - After coughing/sneezing

Vaccines Protect

- Stay current on:
  - Flu vaccine
  - COVID vaccine (if recommended)
  - Other vaccines recommended by your provider

Stay Home When You're Sick

Protect coworkers and family.

Stay home if you have:

- Fever (100.4 or above)
- Vomiting
- Diarrhea
- Feeling too ill to work

Small Changes = Big Results

- Try ONE new habit this week.
- Examples:
  - Add fruit to breakfast
  - Walk after lunch
  - Go to bed 30 minutes earlier