

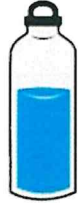
BUILD YOUR IMMUNITY



GET SLEEP

It's important to get 8-10 hours of uninterrupted sleep.

Avoid screentime right before bed, late night sugary snacks, and afternoon caffeine.



HYDRATE

Your whole family should drink 8 glasses of water per day.

Pack a refillable water bottle in your work bag and your kids' lunch bag!



EAT WELL

Eat a diet that is rich in nutrients, vitamins, fiber, and probiotics.

Removed refined sugars from your diet and give pure maple syrup or raw honey a try!



WASH HANDS

Every day we come into contact with the germiest surfaces outside the home.

Restaurant Menus
Grocery Carts
Restroom Doors
Doctor Offices



EXERCISE

A dose of light exercise every day can strengthen your immune system.

A morning walk is better than nothing! Take the dogs, take the kids, take your morning coffee.

80% of infections are transmitted via contact, or touching infected surfaces.

Image Credit: newtknowledge.com

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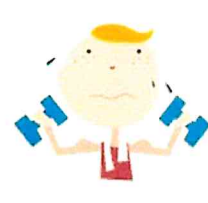
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