

# Good Habits for Avoiding Illnesses



## Simple precautions to help prevent the spread of respiratory viruses:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unclean hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains 60%-90% alcohol if soap and water are not available.
- Cover coughs and sneezes with a tissue and properly dispose of in the trash can. Cough or sneeze into your elbow, and not your hand if you do not have a tissue available. If you contaminate your hand and then touch other objects, they become contaminants that can spread the virus.
- To keep from spreading respiratory illness to others, stay home when you are sick.
- Clean and disinfect frequently touched objects and surfaces.

## Other actions you can take that can meaningfully support your health and ability to fight illness:

- Get good sleep and prioritize self-care. Sleep is critical to optimal immune function.
- Eat nutrient-rich foods and prioritize a healthy diet. Your diet provides building blocks used by your immune system to fight illness.
- Talk to your doctor about optimizing your vitamin D, zinc, and vitamin C levels. These nutrients are particularly important for optimal immune function, especially in the winter months.
- Stay hydrated. It helps keep our whole system functioning optimally, including our immune systems.
- Try not to panic. Disease outbreaks can be overwhelming. Staying mindful of your stress levels can help maintain your body's healthy immune response to illness. Manage your media exposure. Be mindful of reports that are from sources other than health officials. Take breaks from watching, reading, or listening to news stories.
- For questions about COVID-19, call the Washington State Department of Health Corona Virus Hotline at 1-800-525-0127 and press #.

## Resources:

**Center for Disease Control, "What You Should Know" Coronavirus page:** <https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

**WA State Department of Health Coronavirus Information:** <https://www.doh.wa.gov/Emergencies/Coronavirus>

References: Adapted from information from the Centers for Disease Control and Prevention, and as shared by the American Society of Acupuncturists

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