

# Boost your immune system

PROTECT YOURSELF & YOUR COLLEAGUES

## FOOD safety



Observe cleanliness when preparing food



Separate raw and cooked food



Cook food thoroughly



Keep food at safe temperatures



Use clean and safe and ingredients

## healthy DIET



Eat a variety of food, including fruits and vegetables



Cut back on salt



Eat moderate amounts of fats and oils



Limit sugar intake



Drink enough water

## PHYSICAL fitness



150 minutes of moderate-intensity physical activity throughout the week



Get enough rest and sleep

## MENTAL health



Be mindful of news consumption



Talk to colleagues or people you trust



Avoid unhealthy habits



Remain connected with family and friends