

# 9 WAYS TO AVOID GETTING SICK

## 1. Get vaccinated

Every year the flu virus mutates and adapts to the previous year's vaccines. As more and more people get vaccinated, they also help those who can't (like infants and seniors) from getting sick by granting herd immunity.



## 2. Rethink that extra drink

Studies show that excessive alcohol inhibits the immune system by reducing the ability of white blood cells to effectively kill bacteria. Alcohol also dehydrates and can disrupt your sleep which is another way to get sick.



## 3. Avoid sugar

Just like alcohol, sugar also inhibits white blood cells from fighting bacteria and viruses. Women shouldn't exceed more than six teaspoons of sugar, while men shouldn't exceed nine teaspoons. A typical can of soda has 10 teaspoons.



## 4. Wash any item you touch

Washing machines, phones, bed rails, microwaves, keyboards, doorknobs, light switches, remote controls, and children's toys are all hotbeds for bacteria and germs! So washing all these objects occasionally helps reduce the risk of bacteria and germ build up.



## 5. Probiotics

Roughly 60-70% of your entire immune system is located in your gut. Your gut contains a healthy mix of bacteria which prevent pathogens and infections from being absorbed. Promote healthy bacteria by way of kombucha or kimchi (instead of sugary yogurts).



## 6. Stop biting your nails

Think about everything you touch in the course of the day. Biting your nails means exposing your mouth, nose and eyes to a variety of bacteria and germs that could be harmful. Wash your hands with soap often and avoid the nibbling.



## 7. Exercise moderately



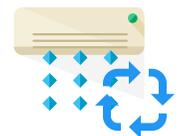
Moderate exercise, in the long run, strengthens your immune system. However, intense workouts leave your body in a weakened state that also weakens your immune system. After intense workouts, your body is more susceptible to getting sick for a 72-hour window.

## 8. Hold your breath



Studies show that the droplets from sneezes and coughs carrying germs travel much farther than previously thought. Holding your breath for even 10-15 seconds after a sneeze or cough can reduce your chances of getting sick.

## 9. Get fresh air



Sometimes, sharing warm air inside an office/home can lead to getting sick. The air that's circulating in a closed space carries germs and bacteria that can infect you. Take a few minutes to get fresh air, even when it's a little chilly outside.