

# LIFESTYLE HABITS

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## IN THE ERA OF COVID-19 ... AND BEYOND

**DO**



### HAND HYGIENE

PREVENTS THE SPREAD OF CORONAVIRUS AND OTHER INFECTIOUS DISEASES

WASH YOUR HANDS BEFORE TAKING MEDICATIONS



\* DURING THE CORONAVIRUS PANDEMIC, REMEMBER TO PRACTICE SOCIAL DISTANCING AND HAVE ACCESS TO A FACE MASK



### EXERCISE

REGULARLY. IT LOWERS STRESS AND CAN HELP YOU MAINTAIN A HEALTHY WEIGHT.

EXERCISE HELPS IMPROVE LUNG FUNCTION



WEAK LUNGS HAVE A HARDER TIME FIGHTING OFF INFECTIOUS LUNG DISEASES LIKE COVID-19 AND PNEUMONIA



### GOOD NUTRITION

INCLUDING LOTS OF FRUITS AND VEGETABLES, IS THE FUEL FOR A HEALTHY BODY

GET YOUR ZINC - A MINERAL THAT INCREASES PRODUCTION OF WHITE BLOOD CELLS AND T-CELLS THAT HELP FIGHT INFECTION

NUTS, SEEDS, BEANS AND MEATS ARE HIGH IN ZINC

\* COOK MEATS THOROUGHLY

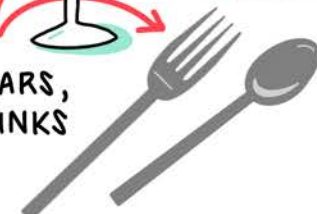
\* TRY TO EAT FOODS WITHOUT ADDITIVES OR PRESERVATIVES

IF YOU DRINK ALCOHOL, DRINK ONLY IN MODERATION



### DON'T SHARE

CIGARETTES, CIGARS, VAPING PENS, DRINKS OR UTENSILS



**DON'T**

### DON'T STOP

TAKING MEDICATIONS BEFORE TALKING TO YOUR DOCTOR

### DON'T GO OUT

WHEN YOU ARE SICK

### DON'T SMOKE

IT COMPROMISES LUNG HEALTH



★ **PREVENTION IS BETTER THAN TREATMENT**