

Virus Protection Tips

TIPS TO HELP SUPPORT YOUR IMMUNE SYSTEM WHEN A VIRUS ATTACKS



Regularly wash your hands

- Wash your hands with soap and water for at least 20 seconds
- Use a natural hand sanitiser



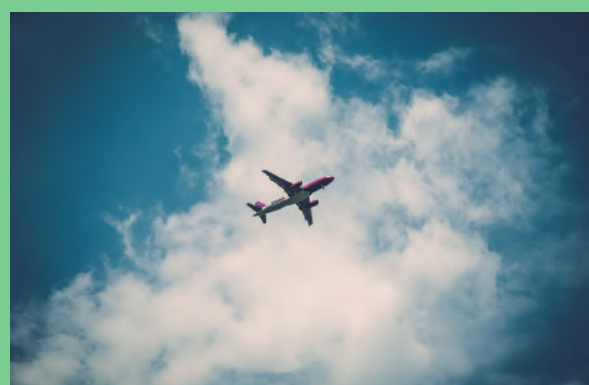
Coughing/sneezing habits

- Cover nose and mouth with a tissue or flexed elbow
- Avoid coughing into your hands and throw tissues into a closed bin



Avoid

- Touching your eyes, nose and mouth
- Close contact with individuals who display cold and flu-like symptoms



Avoid travel if you have a fever or cough

Especially if you are immunocompromised or have a chronic illness, or if you are regularly in close contact with individuals with such conditions



Take additional supplements

Take immune balancing vitamins, minerals & herbal medicines:

- Vitamin A, C, E & D
- Minerals - zinc, selenium etc,
- Herbal medicines - medicinal mushrooms (Reishi & Shitake), astragalus, elderberry, olive leaf and cats claw



Eat healthy foods

Garlic, onions, ginger, turmeric, manuka honey and berries are great immune supporting foods. Ensure your diet includes adequate fresh fruit and vegetables

For a tailor-made immune supporting program contact Terrie

Terrie Beresford, Naturopath

Mob: 0411 068 953

www.newage.net.au

New Age Naturopathics

terrie@newage.net.au

