

# 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



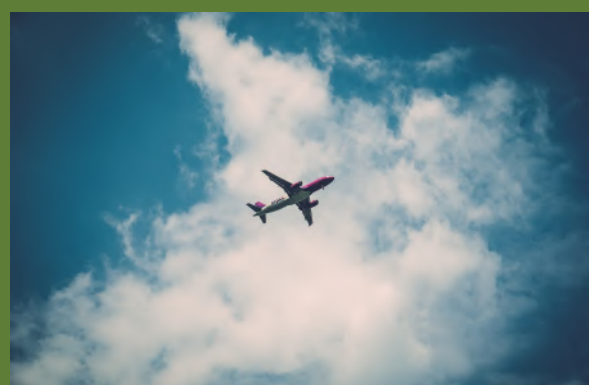
## Coughing/sneezing habits

- 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*

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