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Senior Health and Wellness Newsletter

KENTUCKY DEPARTMENT FOR AGING AND INDEPENDENT LIVING



How to Protect Yourself Against Illnesses

Everyone gets sick, whether it is the cold or flu, and it is important to take precautions. A healthy immune system protects your body against illnesses, and there are ways to strengthen it.

One way to boost your immune system is to eat healthy by having a well-balanced diet. Try to incorporate a diet full of fruits, vegetables, whole grains, and lean meats such as chicken, turkey, and fish. Other ways to improve your immune system is to get enough sleep,

limiting the amount of stress, and regular exercise. Exercise can include taking a quick walk, swimming, bicycling, yoga, lifting weights, etc. Regular exercise will lead to good health, decrease stress and therefore, strengthen your immune system.

As we age, our immune system may weaken. Other than following a healthy lifestyle, it is important to prevent the spread of germs. The following precautions will help protect against illnesses.

Tips for Preventing Spread of Germs

1. Avoid close contact with people who are sick.
2. Stay home when you are sick.
3. Cover your mouth/nose when coughing or sneezing.
4. Wash your hands often.
5. Avoid touching your face.
6. Clean high touched surfaces at home, especially when someone is sick.



The best way to prevent the seasonal flu is to get a vaccination annually.

The proper way to wash your hands is to lather them in soap and scrub for 20 seconds; this is as long as the Happy Birthday song twice. Wash with warm, running water.



CDC: <https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm>

Harvard: <https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>

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