

# How to Support Your Immune System During the COVID-19 (Coronavirus) Pandemic

## Lifestyle Habits

Having healthy lifestyle habits is the best way to support a healthy immune system.

- **Wash your hands.**
  - Wash your hands regularly with soap and water for at least 20 seconds.
    - You can use hand sanitizer with at least 60% alcohol if soap and water are not available.
  - Don't touch your face.
- **Make sleep a priority.**
  - Aim for at least 7 hours of sleep each night.
  - Keep a consistent sleep schedule.
- **Make time to relax.**
  - Find a way that works best for you to engage your body in a state of relaxation for at least 10 minutes each day. Options include belly breathing, meditation, guided imagery, yoga or Qi Gong.
  - Learn more at: [livewell.learnitlive.com](https://www.livewell.learnitlive.com).
- **Get up and move.**
  - Walk or move your body for at least 20 minutes each day. It's best if you can be outside in nature while following the 6 feet of social distancing.
  - Avoid over-training. More isn't always better.
- **Eat healthful, whole foods.**
  - Eat 7 different brightly-colored vegetables and fruits each day.
  - Eat foods that boost your immune system such as salmon, green tea, bell peppers, kale, oranges, apples, onions, celery, berries, carrots, cantaloupe, sweet potatoes, broccoli, kiwis and garlic.
  - Avoid foods and beverages that have added sugar such as soda, junk food and alcohol.
- **Check your mindset.**
  - Limit the amount of news you watch, read and listen.
  - Write down 3 things that you are grateful for each day.
- **Connect in creative ways while maintaining social distancing.**
  - Engage in a random acts of kindness each day. You can send a text, social media message or an email thanking, complimenting or encouraging a friend or colleague.
  - Make a social phone call or online meet-up once weekly with people who are a source of positive encouragement.

## Supplements

There are several supplements that could be helpful to support your immune system.

While there are no specific studies on use of these to treat COVID-19, they do support general immune health, which may be beneficial.

Here are the supplements that have the most evidence for immune support, the least amount of risk, are the most cost effective and easy to find:

- vitamin C
  - 500 mg 2 times each day
  - Talk with your doctor if you have a history of kidney stones.
- zinc (citrate, picolinate, glycinate capsules or gluconate lozenge)
  - 25 to 30 mg each day with food
- vitamin D3
  - 2,000 IU each day with food.

## Call the Penny George™ Institute for Health and Healing

Call 612-863-3333 to set up a virtual visit with an integrative medicine doctor or nurse practitioner. He or she can give you a personal recommendation and support.

### Learn More About COVID-19

- The Centers for Disease Control and Prevention at [cdc.gov](https://www.cdc.gov)
- U.S. Department of Health & Human Services at [hhs.gov](https://www.hhs.gov)
- Minnesota Department of Health at [health.state.mn.us](https://www.health.state.mn.us)
- Minnesota Department of Health COVID hotline at 651-201-3920 or 1-800-657-3903 (7 a.m. to 7 p.m.)
- Allina Health at [allinahealth.org/coronavirus](https://www.allinahealth.org/coronavirus).

**Recommendations based on research from the Academy of Integrative Health and Medicine, Institute for Functional Medicine and International College of Integrative Medicine.**