

How to strengthen your immune system

Immune system is one of the regulatory systems of our body. Its function is to distinguish safe from dangerous and thus protect the body from internal and external threats (infections, for example).

And how to affect immunity? We can **boost it** or **lower the risk of infection**.

Boost your immunity



Healthy diet



No smoking



Sun & Vitamin D



Enough sleep



Reduction of stress

Diet

Vitamins, minerals

It is important to supplement vitamins when a person is ill - the body consumes them more (zinc, for example).

Probiotics, prebiotics

Probiotics are the microorganisms living in our intestines. They naturally irritate it, thus training our immune system. Prebiotics are found in legumes or fruit and serve as "food" for probiotics.

Polyphenols

Polyphenols are found in onions, green tea and red wine. It is important not to prefer only one source of these substances.

Smoking

Tobacco smokers may be more vulnerable to respiratory infections, as the act of smoking involves contact of fingers (and possibly contaminated cigarettes) with lips, which increases the possibility of virus transmission from hand to mouth.

Sun

Vitamin D can be found in food (fish, for example), however our body can also synthesize it from an exposure to sunlight. Vitamin D increases the amount of immune cells and prevents formation of antibodies harmful for our body.

Sleep

During sleep, so-called cytokines are released, which allow the body to fight infection. If we don't get enough sleep, cytokines cannot be released, making our bodies susceptible to infection.

If a person sleeps less than 5 hours a day, his susceptibility to infection is up to 45% higher.

Stress

If stress lasts for a short period of time (eustress), it can be encouraging for the body. However, if it lasts for a long time (distress), body reserves can easily get depleted, including immune system. People with weakened immune system are more prone to infections.

Lower the risk of infection



Wash your hands regularly

Use water and soap. Do it every time after you get home or in case you touched other people, animals or surfaces outside. It's also good to use antibacterial hand gel with 60 % alcohol.



Clean and disinfect

Especially objects and surfaces that are frequently touched. Door knobs, computers, mobile phones, nightstands... Choose a disinfection that kills viruses as well as germs.



Don't touch your face

Especially your mouth, nose and eyes. If you accidentally touch it, wash your hands afterwards.



Use disposable tissues

and wash your hands every time you use them.



Cover your mouth with a sleeve

when coughing or sneezing. Don't use your hand.



Try to avoid crowded places

Stay at home if you can.



Avoid infected people

If you need to see them, stay at least 1-2 metres away from them.



Use protective equipment

Gloves, glasses, face masks.



Take care of your health

get enough sleep, eat healthy, drink enough water and don't forget to exercise.



Limit your travel

to a bare minimum. Public transport and taxi included.