

ENSURING SAFETY ON KsTU CAMPUS V

SELF HELP

V. SELF HELP

DO'S

- i. Boost your immune system by;
 - Eating good food (**balanced diet**),
 - Eating healthy fat (e.g. **olive oil**, and Omega-3 found in **salmon**),
 - Taking in a lot of **fruits**,
 - Eating more **vegetables**,
 - Taking in probiotic **yoghurt**,
 - Drinking more **water**,
- ii. Get enough sleep or rest,
- iii. Engage in moderate exercise regularly,
- iv. Maintain healthy weight,
- v. Reduce stress,

DON'TS

- i. Avoid smoking,
- ii. Avoid drinking alcohol; drink in moderation if one must,
- iii. Avoid/reduce infection through regular hand washing.

NOTE

- The immune system is essential for survival against attack from disease-causing micro-organisms such as **viruses**, bacteria, fungi, parasites.
- Weak immune system opens the human body up to infections.
- Strong immune system fights off viruses and other germs, and *prevents* them from causing diseases.
- The system is boosted through simple etiquettes as mentioned.

Issued by KsTU Health Directorate.