

Preserving a Strong Immune System in COVID-19 Pandemic

Author: Sia Sood

COVID-19 is the infection caused by SARS-Cov2. SARS-CoV2 is a virus.

What is a virus? A virus is a very tiny germ that makes us sick by going inside the cells.

How does the virus hurt? The virus kills your cells or makes them not work properly.

Your immune system: Your immune system is like your police force that protects you. Billions of cells in the immune system fight infections such as the common cold and the coronavirus.

Preserving your immune system: Sometimes, the immune system fights the virus too little, sometimes too hard, and sometimes just enough. These are six ways to help your immune system fight just enough:

1. Eat enough micronutrients. Micronutrients (vitamins and minerals) are building blocks for your immune system. When low on micronutrients, your immune system is weak. Almost 2 billion people have micronutrient deficiency. Two ways to prevent micronutrient deficiency:

- Choose healthier food options
- Take a micronutrient supplement

2. Get enough sleep. Without good sleep, your brain gets tired and your immune system gets weaker. 30 to 40 percent of people do not get enough sleep! Two ways to help your sleep:

- Make your bedroom a friendly place
- Be more disciplined and fix a time that you wake up and sleep

3. Exercise in moderation. Exercise helps, but too much or too little exercise hurts your immune system. Three ways to stay fit:

- Stretch (Yoga)
- Build stamina (running)
- Build muscle (lift weight)

4. Reduce stress. High stress hurts your immune system, and almost everybody has too much stress! Three ways to reduce stress:

- Meditate for 15 minutes
- Make the things you do every day a little simpler
- Do the right thing

5. Be happy. Being happy makes our immune system stronger. Three ways to be happy:

- Listen to music
- Play with your pet
- Have a good time with family

6. Reduce toxins. Toxins such as cigarettes, alcohol and smelly cosmetics hurt our immune system. Three ways to reduce toxic chemical intake:

- Stop smoking if you smoke
- Decrease alcohol intake
- Cut down on smelly cosmetics.

Prevention: These simple steps can prevent a virus from coming into your body:

- Wearing a mask
- Social distancing
- Hand washing

CONCLUSION: Most people are talking about preventing the infection. I feel preserving the immune system with good lifestyle choices is as important to beat this virus.