



Women's Health Awareness Transforming Communities by Enhancing Women's Health



Learn How To Boost Your Immune System With Healthy Foods



A healthy diet is an important step in preventing disease. We may initially think of using gloves, masks, hand washing, soap, and hand sanitizer to protect ourselves from the coronavirus (COVID-19); however, there are ways you can improve yours and your family's immune health from the comfort of your own home.

With the 2020, COVID-19 pandemic, it is important to understand that no supplement, diet, or other lifestyle modification other than CDC recommendations of physical distancing and proper hygiene practices can protect you from COVID-19, but you can take steps to help your body be healthy. Here are some of the foods you can eat that provide the needed vitamins and minerals that can work towards boosting your immune health:

Vitamin A

Vitamin A is important for vision, the immune system, and reproduction. Vitamin A helps the heart, lungs, kidneys, and other

Zinc

Zinc is a nutrient that we all need to stay healthy. **It helps the immune system fight off invading bacteria and viruses.** During

organs work properly. **Vitamin A is essential for a strong immune system, because it works to help your body respond to toxins and foreign substances.**

Sources of Vitamin A:

- Green leafy vegetables and other green, orange, and yellow vegetables, such as broccoli, carrots, and squash.
- Fruits, including cantaloupe, apricots, and mangos.
- Dairy products, such as milk, yogurt, cottage cheese, etc. are among the major sources of vitamin A for Americans.

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pregnancy, infancy, and childhood, the body needs zinc to grow and develop properly.

Sources of Zinc:

- Seafood such as lobster, crab, and oysters which are the best source of zinc.
- Meats including red meat (beef and pork) and dark meat poultry.
- High fiber foods: fortified breakfast cereals, beans, whole grains, nuts seeds and wheat germ.
- Dairy products.

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Vitamin C

Vitamin C, improves the absorption of iron from plant-based foods and **helps the immune system work properly to protect the body from disease.**

Sources of Vitamin C:

- Citrus fruits (such as oranges and grapefruit) and their juices, as well as red and green pepper and kiwifruit.
- Other fruits and vegetables—such as broccoli, strawberries, cantaloupe, baked potatoes, and tomatoes.

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Vitamin D

Your immune system needs vitamin D to fight off invading bacteria and viruses. The body makes vitamin D when skin is directly exposed to the sun.

Sources of Vitamin D:

- Seafood such as salmon, tuna, and mackerel.
- Beef liver
- Dairy products (milk, cheese, yogurt and egg yolk).

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Reference: National Institutes of Health, Office of Dietary Supplements

Fast Facts!!!

Should I wear a cloth face covering for protection from COVID-19?

Recent studies show that a significant portion of individuals with coronavirus are “asymptomatic”, and do not show physical symptoms of COVID-19 such as high fever, body aches, etc. These individuals are highly infectious and can transmit the virus. Pre-symptomatic individuals are people who carry the virus and will eventually develop symptoms. These individuals prior to showing symptoms can also transmit the virus. Considering this new evidence, CDC recommends wearing cloth face coverings in public settings where physical distancing measures are difficult to maintain (e.g., grocery stores and pharmacies) especially in areas of significant community-based



transmission.



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What does it mean that the coronavirus has peaked in my state? Can I start my normal life now? The answer is **NO**, we cannot start our normal life. While reaching the peak number of people infected is good news, it doesn't mean life will return to normal. Reaching the peak means that we are reaching the point where the curve of infection is flattening. We still **MUST maintain our physical distancing, and practice safe hygiene when we must go out.** Additionally, as the CDC has instructed, you should wear a mask when you go out to protect yourself as well as others. Reaching the peak means that we may see fewer deaths than predicted for COVID-19, which shows the importance of keeping our distance. However, it is still not safe to return to normal life practices as the infection rate is still extremely high. To hear Dr. Fauci of the National Institutes of Health explain why physical distancing needs to remain in place, please see the video below:



Are your children asking questions about COVID-19? Do they appear to be worried or scared? As conversations about the coronavirus (COVID-19) increase, children may worry about themselves, their family, and friends becoming ill. Parents, family members, school staff, and other trusted adults can play an important role in helping children understand of what they hear in a way that is



honest, accurate, and minimizes anxiety or fear. Here are some great ways to start conversations to reassure your children.

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We're Better Together

During this time of physical distancing, if you or someone you care about is in a crisis and feels overwhelmed with emotions like sadness, depression or anxiety, there is help.

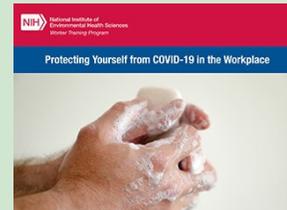
For support or help, contact the [Disaster Distress Helpline](#) at **800-985-5990**, or the [National Suicide Prevention Lifeline](#) at **800-273-8255**

CALL 911, if you or others you know want to harm themselves

Front-line workers learn to protect yourselves! The

National Institute of Environmental

Health Sciences (NIEHS) has a training site for front-line workers to learn how to protect themselves from exposure to COVID-19 during this pandemic.



[Click Here for Training](#)

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For additional information regarding Women's Health Awareness, please contact

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