

How to protect yourself and your family from COVID-19.

NUTRITION EDITION

The relationship between foods and the immune system.

People who do not get enough of certain nutrients are at higher risk of getting infections. A healthy diet can help boost your immune system and help your body fight viruses such as COVID-19!

While we don't have enough information about nutritional factors and COVID-19, the following micronutrients are known to help the immune system "fight" infections.

ZINC 

Sun, Salmon, Seeds Nuts, Dairy 

Meat, Chickpeas, Lentils, Beans, Whole Grains

VITAMIN D

What is the best way to get Vitamin D? Get outside get some sun!

VITAMIN C 

Cauliflower, Broccoli, Orange, Lemon, Madrone Berries

Should I take a supplement?

Supplements **do not** replace healthy eating habits and exercise. However, if you are having a hard time maintaining a healthy diet, you might consider taking a standard **multivitamin with Vitamin D**. Consult with your healthcare provider on how you can minimize your risk of contracting or having bad outcomes related to COVID-19.

Karuk COVID-19 Response.

THIS IS A STRESSFUL TIME, SO...

TAKE CARE OF YOUR MENTAL HEALTH!

Are you anxious, depressed, thinking of ending your life, having panic attacks, using substances more or drinking more alcohol than usual?

Call Two Feathers Crisis Phone Line: (707) 382-0629

National Suicide Prevention Hotline: (800) 273-8255

Crisis Text Line: Text HOME to 741741

Karuk Behavioral Health Line: (530)841-3141

WATERCRESS 

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