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.

**VITAMIN C**
- Cauliflower, Broccoli, Orange, Lemon, Madrone Berries

**ZINC**
- Meat, Chickpeas, Lentils, Beans, Whole Grains

**VITAMIN D**
- Sun, Salmon, Seeds Nuts, Dairy

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.

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

Karuk COVID-19 Response.