



# Staying Healthy

## Advice from the pharmacy



The best way to strengthen your immune system is to eat healthy food. The pharmacy will be happy to advise you whether or not you would benefit from additional dietary supplements.

**An overview of the vital vitamins and minerals for your immune system:**

**Vitamin A** and its precursors, carotenoids, improve the immune function of the mucous membranes in your nose and throat.

**Vitamin C** helps avoid damage to your white blood cells as they fight off pathogens.

**B vitamins** support energy metabolism of cells. Your metabolism has to work hard when you are fighting off infections.

**Zink** is important for immune cells to mature. It also makes it more difficult for cold viruses to get into the body.

**Your pharmacy can offer advice.**

## Keeping fit at home



Experts recommend regular exercise in times of crisis - this is even possible within your own four walls:

**Stairs** can be used as a gym. Whenever possible, avoid using the lift and walk up the stairs.

**Squats** and **press ups** are always an option - even in front of the TV

**Jumping jacks** are the perfect way to strengthen your respiratory muscles. It is a fun exercise and easy to do with **children**.

Another thing you can do to strengthen your lungs is to blow a **cotton ball** across the table with a straw.

Singing not only lifts your spirits but is also a great way of strengthening your **respiratory muscles**.

**Important:** Bad weather shouldn't stop you from getting some **fresh air** at least once a day!

## Plan you shopping



### Shopping list

This means that you don't forget anything and shopping is quicker.

### Every week not every day

This reduces contact with other people to a minimum.

Foods that you can keep for a while include cabbage, potatoes, carrots, leeks and onions.

### Order in advance

If this is an option, use it. It means you just have to pop into the shop briefly and still get some fresh air.

### Keep your distance

Some shops have marked the recommended distance between customers on the floor - it should be at least 1,5 metres.

### Payment

It is better to pay with a debit card than to use cash.

### Hygiene

Please wash your hands thoroughly as soon as you get home.

## Strengthen your immune system



Your best protection against cold viruses is **proper hygiene and a strong immune system**. Our bodies react sensitively to deficiencies in minerals and vitamins, so follow this advice:



✓ Eat plenty of fruit, vegetables, nuts and ideally fish once a week.

✓ Vitamin-rich vegetables that keep for long time include beets, peppers and other root vegetables.

✓ Many people do not know that frozen vegetables and fish are at least as good as the fresh alternatives in terms of their nutritional value.

✓ Types of fruit that keep well include apples and pears. It is better to buy frozen berries.

✓ If you want to make sure your vegetables retain their vitamins, you should cook them so that they just start to soften.

✓ Steaming vegetables is better than boiling them, because the minerals are not thrown away with the water.

Detailed information about coronavirus is available online at

[www.apotheken-umschau.de](http://www.apotheken-umschau.de)

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