

Are You Afraid Of Getting Sick?

If you have to leave home, take the necessary precautions.

Wash your hands or use hand sanitizer as much as possible when out in public and do not touch your face.

Get plenty of sleep, eat fruits and vegetables, drink a lot of fluids, and work out regularly.

You can help prevent the spread of disease. Catch your cough or sneeze in your elbow or in a tissue and throw it away. Practice social distancing in public areas. Avoid hand shaking, getting too close to someone when talking with them, or hugging.

If you are feeling sick or running a fever, stay home and isolate. Call for medical help if concerned.

Take Vitamin C, Vitamin D, and Zinc to help boost your immunity.

These are sold here in our office.

Immune Active and Vitamin D 5000.