General Public.
How can I maintain strong Immune System in the context of COVID-19?

- Eat a variety of fresh and unprocessed foods everyday
- Drink enough water
- Exercise regularly
- Avoid processed foods (added sugar, fat and salt)
- Avoid excess alcohol
- Avoid smoking

Help prevent spread of Covid-19 with these actions:
• Wash your hands regularly.
• Avoid touching your eyes, nose and mouth.
• Put space between yourself and others.
• Cough or sneeze into your bent elbow or a tissue.