



GOVERNMENT OF KENYA



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



Eat a variety of fresh and unprocessed foods everyday



Avoid processed foods (added sugar, fat and salt)



Drink enough water



Avoid excess alcohol



Exercise regularly



Avoid smoking



Call 719 or Dial *719#

FOR MORE INFORMATION:

@MOH_Kenya @SpokespersonGOK @WHOKenya

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.

