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.

Call 719 or Dial *719#
FOR MORE INFORMATION:
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