



# Give your immune system a boost

## Your immune system is working hard for you.

It protects us from outside invaders. These include germs like bacteria, viruses, fungi and toxins. There are things that can take a toll on the immune system, including age, biological sex, family history and medical history.

You can't control those factors. But there are some things you can control that will help you strengthen your immune system.



## Did you know?

Your immune system is made up of **organs, cells, tissue and protein.**

# 5 tips to strengthen your immune system



## Don't smoke, and limit your alcohol.

Your immune system is like an orchestra with different instruments working together. But smoking and drinking alcohol can be harmful, and makes your body work harder.



## Eat a healthy diet.

Our immune cells need energy and nutrients to work like they should. Iron, Vitamins A, C, D and E, and zinc are especially important to our bodies.



## Get enough good-quality sleep.

Our immune system makes proteins called antibodies that help fight infections. If we lose too much sleep, our bodies can make proteins that can lead to heart issues.



## Manage your stress.

When we're stressed, our bodies make a hormone called cortisol. Too much of it in your body for too long can cause inflammation. And stress also lowers the number of white blood cells that help fight infections.



## Make activity part of your daily routine.

Our bodies make proteins that help fight infection during and after exercise. And staying active circulates more white blood cells. So exercising helps our bodies get ready to fight disease and infection when needed.



## What about vaccines?

Getting a vaccine is like having a dress rehearsal. It helps teach our immune system what germs are and how to fight them effectively. If you get infected with the actual disease later, your immune system is ready to go to work. So it's important to stay up to date with recommended vaccines.

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