

## 5 WAYS TO STAY WELL TO STAY STRONG



SOURCE: WORLD HEALTH ORGANIZATION

1



**EAT A BALANCED DIET**  
comprising wholegrains,  
protein, fruits and vegetables,  
as it helps your immune system  
function properly.

2



**STAY HYDRATED.**  
Drink 6-8 glasses of  
water daily. Limit alcohol and  
avoid sugary drinks.

3



**BE SMOKE-FREE**  
as smoking increases  
your risk of developing  
severe disease if you get  
infected with COVID-19.

4



**BE PHYSICALLY ACTIVE!**  
Exercising regularly can help  
boost your mood and relieve stress.  
Take 3-minute breaks to stand and  
stretch every 30 minutes.

5



**STAY POSITIVE!**  
It's normal to feel stressed, confused  
and scared during this period. Talking to  
your family and friends can help.

