



REDUCE GENERAL RISK OF INFECTION



AVOIDING PATHOGENS



- Maintain social distance
- Wash hands regularly with soap or sanitizer



- Avoid hand contact with mouth, nose and eyes



- Avoid persons with indications of illness
- Keep 2m distance to other persons
- Avoid sharing personal items



- Avoid directly touching frequently handled items



STRENGTHEN THE IMMUNE SYSTEM



- Proteins and micronutrients
- Sun and vitamin D
- Sport and exercise



- Reduce stress, keep positive mood
- Sufficient sleep



- Vitamins, minerals and secondary plant substances
- Pre- and probiotics



- Colostrum & nucleotides
- Avoid alcohol and nicotine