

IMPULO

CHAT

MY HEALTH | YOUR HEALTH | OUR HEALTH

JUNE 2021



KZN HEALTH MEC PRESENTS THE “PEOPLE’S BUDGET”

KZN Health MEC Ms Nomagugu Simelane recently delivered her annual Budget Vote Speech for the 2021/22 financial year.

She revealed a number of key priorities that the Department will be focusing on henceforth, including:

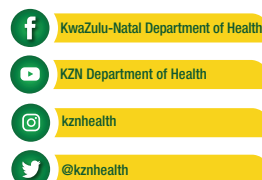
- Strengthening the fight against COVID – 19, in anticipation of a potential third wave of infections;
- The imminent launch and promotion of Pre-Exposure Prophylaxis, which will prevent HIV-negative people who are exposed to infection from acquiring the virus;
- The renaming of King Edward VIII Hospital after Struggle heroine and martyr Victoria Mxenge;
- How service delivery will be accelerated through a new R320 million COVID – 19 grant;
- Making the wearing of staff name tags compulsory – or there will be consequences;
- Providing an update on the opening of the Dr Pixley Ka-Isaka Seme Memorial Hospital, which opened its doors on 31 May 2021, as part of a “dry run”;
- An update on the implementation of National Health Insurance (NHI); and
- The establishment of a new Emergency Medical Services hub at UThukela District.

*“Towards Defeating COVID – 19
and Prospering Together”*



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REGISTERING TO GET VACCINATED IS EASY!

Citizens aged 60 years and above need to register for their COVID-19 vaccination



WWW.

Any device with Internet Access

Connect device to the internet and go to:
<https://vaccine.enroll.health.gov.za>



USSD

FREE on all South African Mobile Networks

Dial
*134*832*IDNumber#
No ID Number?
Just dial *134*832#



WhatsApp

Internet access or data required

Send the word
REGISTER to
060 012 3456 on
Whatsapp



Hotline

Toll free on all South African Mobile Networks

Register by calling
0800 029 999
(08h00 to 18h00
Monday through
Sunday)

You will need the following information when registering:

- Your Identification number (Passport, Asylum seeker number, RSA ID or refugee number)
- The location where you want to be vaccinated (home or work)
- If you are a member of a medical aid you will need your medical aid provider name and your medical aid number

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Should you encounter problems during the registration process contact the COVID-19 hotline: 0800 029 999



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KwaZulu-Natal Department of Health



KZN Department of Health



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KZN HEALTH MEC PAYS TRIBUTE TO ALL NURSES FOR THEIR “STELLAR” ROLE IN FIGHTING COVID-19



Without the courage, generosity of spirit and never-say-die attitude of nurses, the Province of KwaZulu-Natal would not have managed to save as many lives as it did during the past two waves of COVID-19.

This is according to KZN Health MEC Ms Nomagugu Simelane, who paid tribute to all nurses in the length and breadth of the province as the world commemorated International Nurses Day on 12 May 2021.

This commemorative day is observed annually to coincide with the birthday of Florence Nightingale,

who is considered the founder of modern nursing. This year's theme, as set by the International Council of Nurses, is: Nurses: A Voice to Lead - A vision for future healthcare.

Reflecting on the contribution of nurses during the pandemic, which she has described as “stellar”, MEC Simelane said:

"At a time when we were being hit very hard by the pandemic, our nurses were on the frontlines. They have stood firm and got on with the job. We know how difficult it was for some of them emotionally... to have to come to work after having lost their colleagues; or while some of them had been infected with the virus.

"Indeed, these current generations of nurses will go down in history as our heroic cadre of healthcare professionals who were prepared to face anything, including dying with their boots on.

"We have previously urged nurses to emulate the spirit of uMam' Albertina Sisulu by being dedicated and loyal to the profession, and to the service of our people. COVID – 19 has shown us that we do have those kinds of nurses. We appreciate them, and we dip our hats to the nurses who have actually done that.

"It's no child's play leaving your family every day and walking straight into a working environment that resembles a war zone; where you might get infected with the deadly COVID- 19; and potentially come back and infect your own family.

"It is no child's play watching your own patients and colleagues die in large numbers from this new, incurable, and deadly disease.

"It's no child's play living with the anxiety that you might get back home and infect your own elderly parents and grandparents, or those whom we live with

who have comorbidities, who are especially vulnerable to the virus, and might die from infection.

"It certainly can't be easy knowing that, in spite of taking precautions, you yourself might still get infected with COVID – 19 – and knowing that you might not survive.

"And yet, our nurses have done it. They've made a huge difference during these extraordinary and devastating times.

"So, at a time when the world is celebrating the nursing profession, it gives us, too, an opportunity to appreciate our nurses and say thank you.

"Thank you for waking up every day and braving the tough challenges that come with your job.

"Thank you for your selflessness.

"Thank you for risking it all, in service of your countrymen and women.

"We know you've given it your all, and we are deeply humbled and inspired by your courage, dedication and hard work," she said.

The MEC has also taken the time to remember the nurses who have sadly lost their lives due to COVID – 19.

"To illustrate the point about how exposed our nurses are, since the pandemic started, at least 17 076 nurses have been infected with COVID – 19; with 397 having sadly succumbed to the disease. May their souls rest in peace.

"We know that these deaths have left many families

without breadwinners. Due to COVID – 19, many children have been left without mothers and fathers; and communities and workplaces are today without their beloved and trusted pillars of support.

"Therefore, to all those who have lost their loved ones, we send our deepest condolences."

The MEC also thanked nurses and all other staff members for vaccinating 69 958 of their colleagues so far; and for recruiting the public to register for the next round of vaccinations.

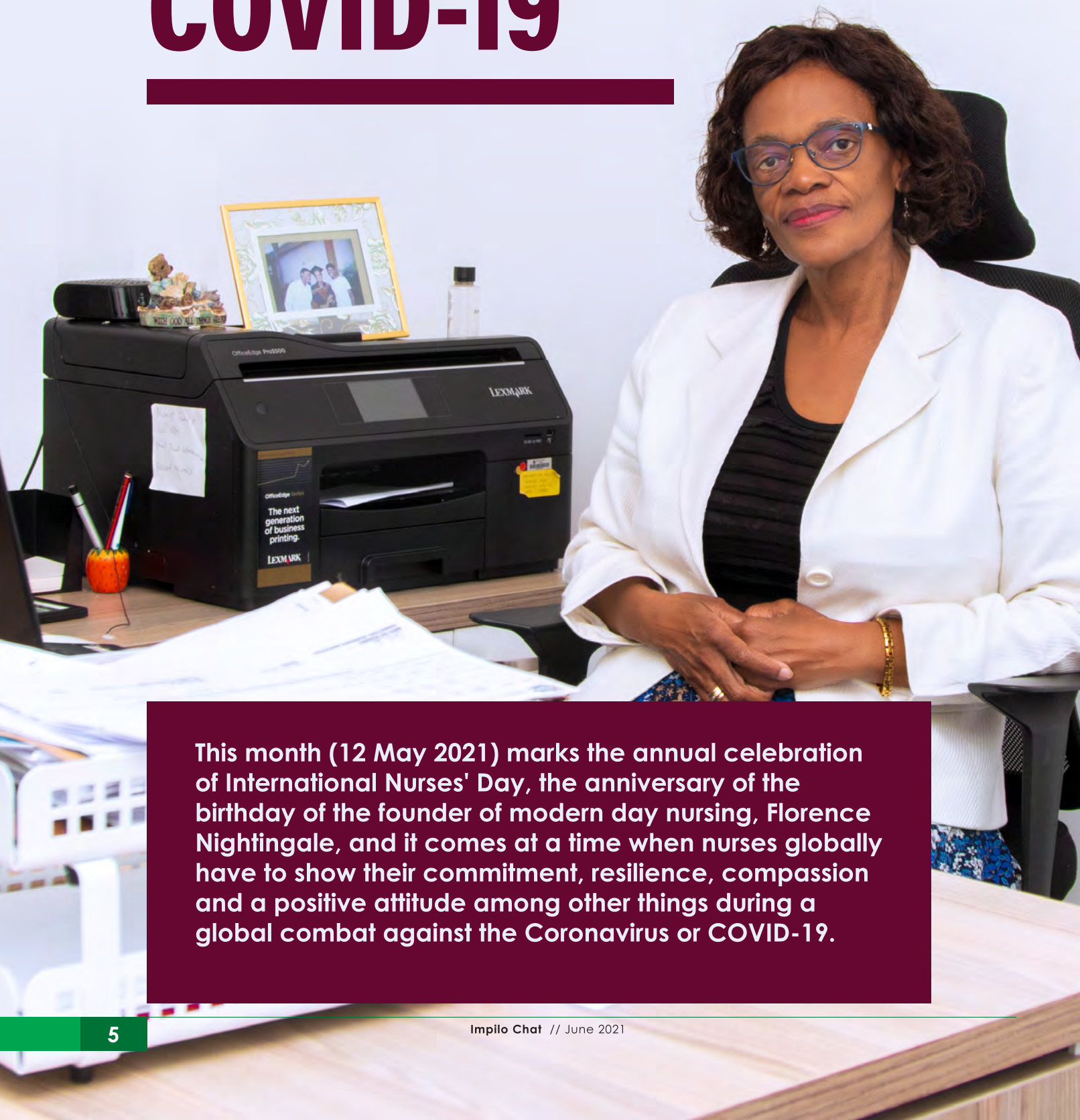
"As we enter the second phase of vaccination, we appreciate the role that nurses are playing in encouraging those who are aged 60 and above, as well as those who are 18 years old and living with co-morbidities, to register so that they can be vaccinated.

"Our target for Phase 2 is to vaccinate at least 2,9 million people by October 2021, with Phase 3 expected to begin in November 2021.

"We have an army of 7 616 people who are trained to carry out these vaccinations, and we are confident that, with the requisite support and co-operation from the public, we can indeed accomplish these targets, and move closer towards achieving the 67% population immunity that we need."

The MEC also called on all of society to continue following the COVID – 19 precautions and remain alive to the potential threat of a third wave of infections.

THE YEAR OF THE NURSE DURING COVID-19



This month (12 May 2021) marks the annual celebration of International Nurses' Day, the anniversary of the birthday of the founder of modern day nursing, Florence Nightingale, and it comes at a time when nurses globally have to show their commitment, resilience, compassion and a positive attitude among other things during a global combat against the Coronavirus or COVID-19.

As the largest health care profession in the world, there is no doubt that nurses are key to the achievement of the World Health Organisation's eight Millennium Development Goals.

The KwaZulu-Natal Department of Health Corporate Communications had a conversation with Cynthia Nompumelelo Sosibo, 57 years-old, who is the director of nursing services at the KZN Department of Health Head Office Townhill Office Park, about the importance of commemorating International Nurses Day and her sentiments and experiences of working in the nursing profession during the time of COVID-19.

Nurses are often the only health professionals accessible to many people in their lifetime and are particularly well placed and often the most innovative in reaching underserved and disadvantaged populations.

Sosibo said it is quite important to celebrate International Nurses Day because it reminds nurses of the important role they play in serving human kind.

"(International Nurses Day is) recognizing the nurses as a force for change and a vital resource for health and appreciating nurses for the hard work they perform. It reminds the nurses of the foundation of their profession," said Sosibo.

And while the world commemorates International Nurses Day and the hard work of nurses

globally to fight diseases, Sosibo said the year 2020 was the year of the nurse to show their commitment to patient care, passion, compassion which are the values of the profession.

Sosibo said as much as she was not in clinical areas, the COVID-19 outbreak was frustrating, evoked emotions of fear, uncertainty for nurses and her own professional and personal capacity.

"Seeing the number of infections increasing, staff being infected, succumbing to the virus, patients dying in numbers sometimes from the same family was so traumatizing. However I realized then that if there is collaboration and working towards the common goal, all is achievable," said Sosibo.

She said dealing with fear and anxiety meant supporting each other as health workers at all levels, sharing or discussing fears, accessing psycho social support, being empowered with skills, knowledge, availability of adequate PPE and human resources and this reduced their stress levels.

"As a health professional I was anxious, nervous not knowing what the future holds for South Africa and the health system. I was more concerned about the health of all the health care workers who are the front liners and the risk of high transmission of the virus. Furthermore fear of the unknown as the second wave became the

reality and the number of infections increased," said Sosibo.

She said despite the pressure of having to deal with the dangerous COVID-19 directly through patients, a lot of skills were mastered especially modern technology and nurses had to show a lot resilience.

"COVID 19 equipped us more in dealing with various diseases and created confidence in our capabilities. And as much as there were other infectious diseases that we have managed, I am of the opinion that COVID 19 made us realize the importance of the knowledge that we were capacitated with during our training and throughout our journey as nurses," said Sosibo.

Sosibo added that: "It is with great appreciation that we have reached this period and the month of May with nurses still showing a positive attitude, walking with pride and confidence. The journey has been long and painful having lost the loved ones as well as our beloved colleagues. It was however filled with joy where the lives were saved. Nurses aggressively engaged in the management of COVID 19 starting at primary level visiting households, contact tracing, being part of commissioning health facilities and always showing a selfless attitude which contributed to service delivery. I highly commend and salute the nurses".



KZN HEALTH MEC ENCOURAGES PEOPLE TO GET REGISTERED FOR VACCINATION



**KwaZulu-Natal
Department Health
MEC Ms Nomagugu
Simelane encourages
all qualified citizens to
register for the second
phase of the COVID-19
vaccination campaign.**

The registration of this phase which targets those 60 years-old and above began on 16 April 2021 for the commencement of vaccination on 17 May 2021. People can register manually or through the internet using any device such as a cellphone, laptop, tablet or desktop computer. If citizens wish to register online, they should enrol on the Electronic Vaccination Data System (EVDS) on <http://vaccine.enroll.health.gov.za/>

To register online, citizens will need to have access to the internet, their ID number or Passport (non-RSA), and a contact number, which will be used as the primary mode of communication. Information about your employment (primary employer and location of work) will also be required and, where relevant, your professional registration details, and medical aid. With all information at hand, registration should take approximately two-three minutes.

However, for people that cannot register online, they can use the manual system by filling a registration form which can be obtained at health facilities and SASSA points, but citizens must have a contactable cellphone number so they can be alerted about their vaccination dates.

The Department has a target of 955 048 elderly citizens who need to register. As of 10 May 2021, close to 200 000 of them had registered.

To increase this number, the Department is undertaking the following activities:

- Instructing all health facilities to establish help desks to assist the elderly with registration
- Engaging municipal offices throughout the province to assist those that might find it difficult to self-register on the Electronic Vaccination Data System (EVDS).

- Offering registration support through community health workers, mobile clinics, and Ward Based Primary Healthcare Outreach Teams (WBPHCOTs). These teams are also to go to SASSA points to assist the elderly with registration
- Engaging various structures such as senior citizens' groups to mobilize the elderly to register
- Engaging other Government Departments to support the EVDS registration; for instance, utilization of agricultural extension officers, Community Development Workers(CDWs), traditional court secretaries etc.

Utilizing Central Chronic Medicines Dispensing and Distribution (CCMDD) points, and Operation Sukuma Sakhe structures to support the registration process

- Training staff in some old age homes to support the elderly to register

In addition to promoting registration through various media platforms, the Department urges media practitioners to use their influence and reach to disseminate editorial content that encourages the public to register for vaccinations. This is for the greater good of society.

I CHOOSE #VacciNation
MS NOMAGUGU SIMELANE
MEC FOR HEALTH

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You will need the following information when registering:

- Your Identification number (Passport, Asylum seeker number, RSA ID or refugee number)
- The location where you want to be vaccinated (home or work)
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WHAT TO EXPECT AFTER VACCINATION

In the face of the COVID-19 pandemic, the development of a vaccine seemed to many people the long-awaited answer to prayers and South Africans eagerly awaited the arrival of the vaccine on our shores.

The Johnson & Johnson vaccine study started, locally, in February 2021 and showed a robust uptake of the vaccine with a large number of healthcare workers enrolling to participate in the study. There was a temporary suspension in the South African study on the 13th of April following some serious adverse effects that were noted by the Food and Drug Administration (FDA) in the United States.

After careful consideration and review of the local safety data, the trial was resumed on the 28th of April with revised screening protocols and enhanced safety monitoring processes. Despite a degree of hesitancy from some healthcare workers, the response was still largely positive with significant

numbers opting to be vaccinated.

Vaccination sites are set up with an observation area in close proximity to the vaccination booth. Immediately, after receiving the vaccine, participants are expected to proceed to the observation area for approximately 15 minutes so that any signs of anaphylaxis can be assessed and managed without delay. Participants that may have a greater risk of anaphylaxis, such as those who have previously experienced a severe allergy or anaphylaxis to a medication or a particular food, may be observed for a longer period of time.

Vaccine related side effects are variable and may indicate that the body is mounting an

immune response. Not every vaccinated person will experience side effects and the absence of side effects does not mean that the vaccine is not working. Fortunately, thus far in South Africa, most side effects have been mild and short term.

Commonly observed side effects can be localized to the arm that was vaccinated or generalized throughout the body. Localised side effects may include - pain, redness and swelling, whereas the generalised side effects may include - tiredness, headache, fever, chills, muscle pain and nausea.

Side-effects usually start around 6 hours after receiving the vaccine and will typically resolve within 24 to 48 hours.



If we are hoping to see a decrease in the spread of COVID-19, all of these behaviours should be continuously emphasized and consistently and conscientiously practiced. Even those that have been vaccinated need to remain diligent in the practices that prevent the spread of the disease.

In the face of adversity, the crisis has already highlighted some of the best aspects of our society – nearer to home we have observed solidarity amongst neighbours and the courageousness of essential workers willing to risk their own health to serve their communities. On a global scale we have seen countries sharing research, providing essential supplies and relief, and sharing their experiences and best practices.

With the vaccine as a new weapon in our artillery, in addition to the remarkable amount of sacrifice and willingness to support that we have already seen, we can only hope that these qualities endure and that, humanity remains irrepressible in the fight against COVID-19.

It is advisable that anyone that develops an allergic reaction after the vaccine or experiences side-effects that are worsening or last longer than 3 days, should seek medical attention.

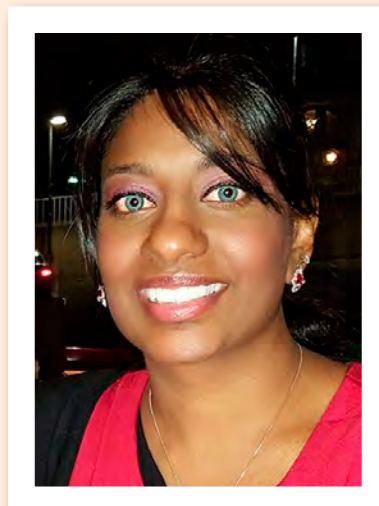
It is also necessary to seek medical attention if any of the following symptoms develop within a month of vaccination – headache (especially if associated with blurred vision, vomiting, difficulty speaking or weakness on one side of the body), severe abdominal pain, a rash around the site of the injection, chest pain or shortness of breath.

Protection starts 10 to 14 days after receiving the vaccine but currently no vaccine provides 100% protection, therefore it is still possible to become infected with COVI-19 after

being vaccinated. Most vaccinated people will, however, only experience mild to moderate symptoms. Studies have shown the vaccine to provide 85% protection against severe disease and 100 % protection against COVID-19 related death.

The light at the end of the tunnel is that humanity is extremely resilient and has a remarkable capacity to change. We only need to recognise and emphasize the value of human behaviour in changing the course of a pandemic – This is a vital step and the World Health Organisation suggests that behavioural changes such as hand hygiene, social distancing and wearing a mask can reduce the spread of the virus by as much as 80%.

By Dr Alicia Aaron



FROM HOUSE TO HOUSE: COVID-19 CONTACT TRACING



The COVID-19 pandemic has highlighted the intense circumstances that health professionals, specifically nurses and doctors, undergo on a daily basis. However, there are several unsung heroes that have also been part of the fight against the spread of the coronavirus. One such profession is that of the COVID-19 tracer teams.

Contact tracing began in earnest on 06 March 2021, after the identification of Patient Zero in Pietermaritzburg. The initial team swiftly compiled a list of the patient's closest contacts and scheduled appointments to collect

specimens of those who displayed symptoms while others were advised to quarantine for 14 days. Other activities covered during the home visits included assessment of the environment in cases of self-isolation, monitoring of self-

isolation compliance and adherence to regulations.

Eventually, contact tracing teams grew to an astounding 620 and 565 for screening teams. Although many homes welcomed the tracer teams, some faced challenges.



Busisiwe Hadebe, a professional nurse employed at East Boom Community Health Centre, recounts her experience.

"In the beginning it was scary since COVID-19 was new.

I also had never been this involved in outreach activities since my work was contained within the walls of the facility as an infection prevention and control co-ordinator. We had to go to areas we weren't familiar with and used Google maps to find the houses of the contacts.

We'd worry if we were going to be accepted into homes. There was an incident where one of our teams was victimized by a household because the members didn't want to be screened or tested. Some people even denied that there was a positive case in their home and consequently didn't permit them in their

home. Tracers were even reported as intruders to the SAPS and chased away.

The grueling challenges were endless, not least the initial fear and stigma associated with the novel virus. Not too long ago did hundreds of belligerent community members gather outside Ntunjambili Hospital, Zululand, in protest against the admittance of positive cases in the facility for the first time.

"We used Departmental vehicles to travel so in my mind we were targets for the communities because of the myths at that time. Many people didn't understand how it was contracted so there was that animosity, especially in informal settlement areas." Sr Hadebe recalls.

Sr Hadebe emphasises, however, "There is no other job I would rather be doing. I like helping people who are vulnerable, giving much needed information was an especially satisfying aspect of the job.



Nontando Tshabalala, a CDC Coordinator for

Amajuba District, agrees. "We've had quite a few people thank us for conducting the tests in a dignified manner or for responding promptly [Once we received the positive results of a person, we would send teams to those people and assist in terms of isolation space].

"They were impressed that we went beyond simply testing but ensured they were taken care of from diagnosis to recovery. People would call us to thank us. Others were not spoken to by their families during isolation out of fear so to even have a conversation with us, to vent or relay their fears, was therapeutic for them."

Today the sizes of the teams have contracted in number as the number of positive cases in the province has decreased. Other teams are still active and tracing contacts of the new cases. While other personnel have been redirected to render other health services.

Altogether, about 500 000 contacts have been traced and 462 573 contacts tested with a 17% positivity rate. Call centres in all districts have also been established to telephonically interact with contacts and monitor positive cases.

IT'S BACK TO BASICS TO FIGHT COVID-19

With the various strains that have developed since coronavirus first surfaced in the news two years ago, a cure has never been more difficult to find. Although several vaccines have been formed, some are already at risk of becoming obsolete as the virus mutates at an accelerated rate. While the experts tirelessly work to find an answer to this pandemic, everyone else must do their part. One of the simplest ways of fighting the spread of the virus is washing our hands.

Washing our hands prevents the likelihood of us infecting ourselves or others with disease-causing germs our hands have been exposed to and even passing those germs onto inanimate shared objects such as tables, stationery and utensils.

World Hand Hygiene Day, which falls on 5 May each year, aims to highlight the many benefits of hand hygiene. This year's theme "Save Lives: Clean Your Hands" shines the spotlight on the importance of hand hygiene in healthcare practitioners


The World Health Organisation (WHO) recommends the "My 5 Moments for Hand Hygiene" approach which defines the key moments when health-care workers should perform hand hygiene:

- Before touching a patient
- Before clean or aseptic procedures
- After body fluid exposure or risk
- After touching a patient
- After touching patient surroundings

Although it is more crucial than ever for health workers to practice hand hygiene, everyone benefits from regularly washing their hands. However, a two-second dash through running water is ineffective. Follow these guidelines to make your handwashing worthwhile

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

 Duration of the entire procedure: 40-60 seconds



Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.

THE SINGING OPTOMETRIST

Meet Skholiwe Graduate Zuma, a 23 year-old Bachelor of Optometry graduate from the University of KwaZulu-Natal, who found his passion for singing and decided to “marry” that to his profession to educate people about eye care through music and on social media.

Zuma's middle name, named by his parents, was fulfilled when he graduated with a degree in February this year. Zuma, who has just started his first job as a clinical optometrist in April this year at St Mary's KwaMagwaza Hospital completed his university studies through the KwaZulu-Natal Department of Health funding.

Zuma has taken it upon himself to educate people about eye care and he found the best way to do that is through music.

“I love singing so I decided to combine my singing talent with my profession. I have an eye care education page on Instagram (@the_singing_optom) where I educate the public about eye health and I sometimes do this in a musical fashion so the message will appeal to a broader audience. Thanks to OB Malope for helping execute this idea,” said Zuma.

Zuma said he also sings in an acapella band from his church called Simplicity and is a brand ambassador for a scrub brand called ESY2020.

He was born in the outskirts of Pietermaritzburg in Elandskop, at Mafunze area and is the last born with 3 older siblings from his late father Amon Mlekeleli Zuma, who was a teacher and his mother Sibongile Eunice Zuma, who is also a teacher.

“Being born in a family of academics comes with a lot of pressure. As if that wasn't enough, they went on and named me 'Graduate', but I am glad that I have lived to fulfil that prophecy. But technically I've always been a graduate (laughs),” said Zuma.



Zuma said he applied for the KZN Department of Health bursary and failed two times to get the funding before he was successful on his third attempt.

“Being awarded the bursary afforded me and my family an opportunity to breathe financially. It meant my family no longer needed to send me money to sustain myself at res and campus. It meant I no longer need to worry about registration money and all the financial hustle and battle we go through at university particularly us the black student population,” said Zuma.

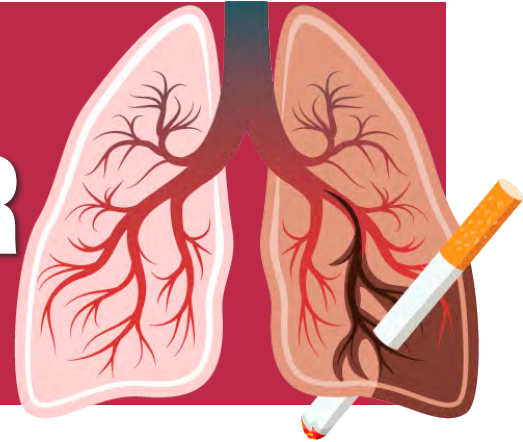
Zuma said he always aspired to be in the health care industry and optometry happened to be his placement in the large scope of healthcare.

“The level of job satisfaction and fulfilment I get from this profession is unmatched. Optometry chose me. And I’m glad that happened because I am enjoying myself here,” said Zuma.

Zuma said he would like to take the opportunity to sincerely thank the KZN Department of Health for funding his studies at university.

“Nowadays students graduate with mountains of debt on their shoulders, and I am grateful that KZN health relieved me from that burden and I will be forever grateful for that. I am also more than grateful for being given a job straight after I completed my degree, in the current South African climate of unemployment things like that are no longer common. Growing up in rural areas myself, I am glad that I am serving people from rural areas because I relate with them on many levels,” said Zuma.

ARE YOU SMOKING YOUR LUNGS AWAY?



Many of us are aware of the dangers that come with smoking, and these risks have been elevated now more than ever because of COVID-19. May is observed Anti-Tobacco Campaign month. It is to raise awareness of the dangers of smoking and the risks of developing illnesses such as lung cancer, chronic lung diseases, and heart disease. According to the Centers for Disease Control and Prevention (CDC), tobacco use causes more than 7 million deaths per year worldwide.

The World Health Organization (WHO) states that no studies show that smokers are at higher risk of hospitalization with COVID-19. However, it puts smokers at a higher risk of contracting and transmitting the virus because some smokers tend to share cigarettes. If a COVID-19 positive smoker shares his/her cigarette with a non-infected person, they might contract or transmit the virus from sharing cigarettes. Smokers are also at a higher risk of contracting the virus if they are not careful with their hand hygiene practices, as smoking requires one to use their hands. If their hands are not clean and their mouth is constantly touching their lips, it could increase the transmission of the virus from their hands to their mouths.

Smoking is not only dangerous for the smoker but those around them as well. This is known as second-hand smoking or passive smoking. Second-hand smoking is the smoke that fills restaurants, taxis, offices and other enclosed spaces when there is someone smoking present. Second-hand smoking can cause severe cardiovascular and respiratory diseases. It can cause sudden death in infants, and in pregnant women, it can cause low birth weight.

TIPS FOR QUITTING SMOKING

Smoking tobacco is both a physical addiction and a psychological habit, and quitting may be quite challenging to do.

Here are some tips that could be useful:

- **Becoming more active**

– you could engage in a healthier lifestyle and pick up new hobbies, such as jogging, walking and running.

- **Changing your routine**

– avoiding smokers and triggers that can make you want to smoke. If there is a smoking area at work, you could choose to have your lunch elsewhere to avoid temptation. Also, throw out all the things that remind you of smoking, such as cigarette packets, ashtrays and lighters.

- **Transparency** – being honest with your friends and family about you wanting to quit smoking could help them offer you support and be people you can be accountable to when you feel like giving up.

- **Staying hydrated** – drink lots of water to help flush out the nicotine that is in your system.

BEAT THE WINTER BLUES

Winter is just around the corner, and we need to adopt new and healthier habits to boost your immune system and keep COVID-19 and colds and flu at bay.

Here are three things you can do this winter to boost your immune system:

- A balanced diet – a balanced diet, in general, is essential, not only in winter, to boost your immune system. Certain foods can ensure that your body receives the right amount of vitamins, proteins, antioxidants and healthy fats that it needs to support your immune system. You can include more fruits and vegetable into your diets, such as apples, oranges, bananas, spinach, carrots and broccoli. Also, incorporating foods that are high in healthy fats such as avocados, fish and nuts, and foods high in fiber such as legumes and whole grains help keep inflammation low and support your immune system.
- Exercise - exercise has countless benefits, including controlling weigh, improving heart health, managing blood sugar levels, protection against various diseases and improvement of immune system. Exercise does not need to be overly strenuous, it could be a simple jog, or run around the neighbourhood or a brisk walk.
- Getting enough sleep – ensuring that you get enough sleep is vital for your immune system as adequate sleep ensures that your body functions properly. When you do not receive enough sleep, it might weaken your immune system, making it vulnerable to illnesses.



COMPILED BY:

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