**Bowerchalke and Broad Chalke Covid-19 Support Network**

**How to reduce the risk of infection- Information from Sunday Times 15 March 2020**

● Regularly clean surfaces, such as door handles and desks, with disinfectant, as well as your mobile phone. Also, thoroughly clean communal areas in your home, such as the bathroom and kitchen.

● Avoid touching your face with unwashed hands.

● Avoid contact with the sick, especially those with a fever or respiratory symptoms.

● Wash your hands with soap, or use a hand sanitiser that contains 40-60% alcohol, for at least 20 seconds.

**How to boost your immune system**

● Eat a wide variety of fresh foods and lots of fruit and vegetables, probiotics such as yoghurt and kefir, and foods high in dietary fibre, such as bran.

● Avoid highly processed foods, including sweeteners that can harm gut health.

● Get enough good-quality sleep at night, between six and eight hours.

● Drink about two litres of water a day — that is about eight glasses.

● If you are a smoker, now is a good time to stop. Drink alcohol in moderation.