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Health tip

Help for the immune system

They're back with the chilly weather: colds and unwelcome viruses. How to get through this season unscathed.

► Focus on hands

If you consistently avoid shaking hands, you'll give viruses and other germs less opportunity to spread. And washing your hands thoroughly with soap at regular intervals is also a highly effective way of protecting yourself from falling ill.



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► Fresh air – both indoors and out

Dry air from the heating in buildings is no good for our mucous membranes. Regularly airing rooms is a good idea, also decreasing the concentration of viruses inside. Daily walks not only strengthen your immunity levels but also your cardiovascular system while helping to reduce stress.



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► Keep your whole body warm

As we lose most heat via the head, it's a good idea to wear a winter hat and thick scarf when it's cold outside.

► Sneezing – the right way

It's best not to sneeze into your hands but into the crook of your arm. This reduces the risk of infection for other people. If possible, only use tissues once and throw them directly into the waste bin.

► Vitamins and exercise

A diet rich in vitamins and minerals with a colourful variety of winter vegetables and salads supports the immune system in winter. And exercising regularly also keeps us fit – whether hiking, winter sports or training at the gym.



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