



# JOINT STATEMENT

07-31-2020



## Kendall County Board and Health Department Remind You to Stay Healthy

The County Board and Health Department want to remind you to stay healthy. Thank you for wearing your mask, watching your distance, and washing your hands. An additional way to stay healthy is to protect yourself and your family by boosting your immune system.

Below are 5 ways to boost your immune system:

- **Move that body.** When you exercise, not only do your muscles get stronger, you also prepare your cardiovascular system. Additionally, running or walking can release the chemicals that give your mood a boost, which can help you mentally as well.
- **Eat well.** Add antioxidants and immune boosting foods to your diet. Making it 'colorful' with berries, avocados, nuts, carrots and other veggies and fruits will give you a full plate of vitamins and minerals. And don't forget to add natural vitamin C – oranges are a great source but so are kiwis, red pepper and tomatoes.
- **Sleep.** When you're mostly at home, there is really no reason why you can't get 7-8 hours of sleep. Sleep helps reboot our systems, and it can help release cytokines, a protein that can help the immune system fight off infections.
- **Go outside.** The sun not only gives you Vitamin D, but it can also lift your mood which is good for your body.
- **Decrease your stress.** Stress releases hormones that can impair our immune systems. Try to take a few minutes every day to do some deep breathing or meditation. Or listen to some calming music or listen to a podcast about something you enjoy. And turn off the news – it can contribute to anxiety.

We recognize this is a tough time in our lives, and we need to draw on all the resources available to us to stay healthy. So, take good care of yourself and we'll get through this together.

The Kendall County Board, along with the Kendall County Health Department continue to be committed to the health and safety of the citizens of Kendall County. If you have any questions, please contact the Kendall County Health Department at (630)553-9100.