



Staying healthy

Coronavirus has had a massive impact on our private and professional lives for weeks. This flyer offers advice and suggestions to help you stay healthier and safer.

Advice from the pharmacy



The best way to strengthen your immune system is to eat healthy food. Your local pharmacy will be happy to advise you whether or not you would benefit from additional dietary supplements. An overview of the vital vitamins and minerals for your immune system:

Vitamin A and its precursors, carotenoids, improve the immune function of the mucous membranes in your nose and throat.

Vitamin C helps avoid damage to your white blood cells as they fight off pathogens.

B vitamins support energy metabolism of cells. Your metabolism has to work hard when you are fighting off infections.

Zink is important for immune cells to mature. It also makes it more difficult for cold viruses to get into the body.

Your pharmacy can offer advice.

Keeping fit at home



Experts recommend regular exercise in times of crisis – this is even possible within your own four walls:



Stairs can be used as a gym. Whenever possible, avoid using the lift and walk up the stairs.

Squats and **press ups** are always an option – even in front of the TV.

Jumping jacks are the perfect way to strengthen your respiratory muscles. It is a fun exercise and easy to do with **children**.

Another thing you can do to strengthen your lungs is to blow a **cotton ball** across the table with a straw.

Singing not only lifts your spirits but is also a great way of strengthening your **respiratory muscles**. The louder you sing the better.

Important: Bad weather shouldn't stop you from getting some **fresh air** at least once a day!



Salviathymol® N Madaus Flüssigkeit **Wirkstoffe:** Salbeiöl, Eucalyptusöl, Pfefferminzöl, Zimtöl, Nelkenöl, Fenchelöl, Sternanisöl, Levomenthol, Thymol. **Anw.:** Traditionell angewendet als mild wirkendes Arzneimittel bei leichten Entzündungen des Zahnfleisches u. der Mundschleimhaut. Das Arzneimittel ist ausschließlich auf Grund langjähriger Anwendung für das Anwendungsgebiet registriert. Sollten bei Entzündungen des Zahnfleisches u. der Mundschleimhaut die Beschwerden länger als 1 Woche andauern, ist ein Arzt aufzusuchen. **Warnhinweis:** Enthält 31 Vol.-% Alkohol. Enthält u. a. Propylenglycol. Packungsbeilage beachten. **Stand:** Dez. 2015 **Apothekenpflichtig** MEDA Pharma GmbH & Co. KG, Benzstraße 1, 61352 Bad Homburg. **Zu Risiken und Nebenwirkungen lesen Sie die Packungsbeilage und fragen Sie Ihren Arzt oder Apotheker.**

If you feel unwell and suspect that you have been infected with coronavirus, contact **your family doctor** (please do not visit your doctor in person), your local health authority or the medical emergency services by telephone on the number **116 117**.

In an emergency you can contact the emergency services on the same free number across Europe from a landline and any mobile network by calling **112**.

Strengthen your immune system



Your best protection against cold viruses is proper hygiene and a strong immune system. Our bodies react sensitively to deficiencies in minerals and vitamins, so follow this advice:

- ✓ Eat plenty of fruit, vegetables, nuts and ideally fish once a week. Vitamin-rich vegetables that keep for long time include beets, peppers and other root vegetables.
- ✓ Frozen vegetables and fish are at least as good as the fresh alternatives in terms of their nutritional value
- ✓ Types of fruit that keep well include apples and pears. It is better to buy frozen berries.
- ✓ If you want to make sure your vegetables retain their vitamins, you should cook them so that they just start to soften.
- ✓ Steaming vegetables is better than boiling them, because the minerals are not thrown away with the water.

How to avoid infection



The most important preventive measure is thorough and regular **hand washing**. Viruses generally get into the body when your hands touch your face. Washing your hands should take **30 seconds**.

Sneeze into a **tissue** and throw it away into a litter bin with a lid. If necessary, you can **cough or sneeze into the inside of your elbow**. Important: always wash your hands after blowing your nose.

Don't forget: do not **shake hands**!

Shopping – what you should be aware of



Shopping list

This means that you don't forget anything and shopping is quicker.

Every week not every day

This reduces contact with other people to a minimum.

Healthy, but long-lasting

Foods that you can keep for a while include cabbage, potatoes, carrots, leeks and onions.

Order in advance

If this is an option, use it. It means you just have to pop into the shop briefly and still get some fresh air.

Keep your distance

Some shops have marked the recommended distance between customers on the floor – it should be at least 1.5 metres.

Payment

It is better to pay with a debit card than to use cash.

Hygiene

Wash your hands thoroughly as soon as you get home.

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EUBOS

Your pharmacy stamp

Detailed information about coronavirus is available online at

www.apotheken-umschau.de



Stay informed, stay healthy