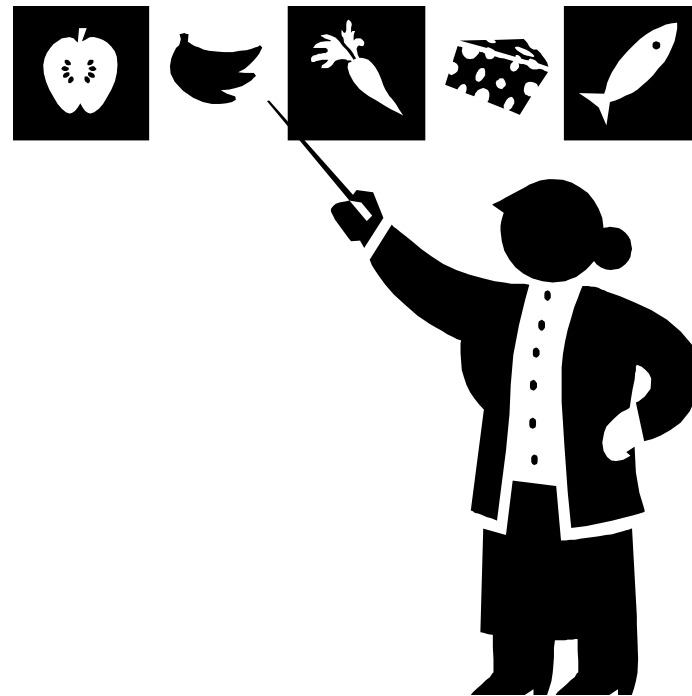
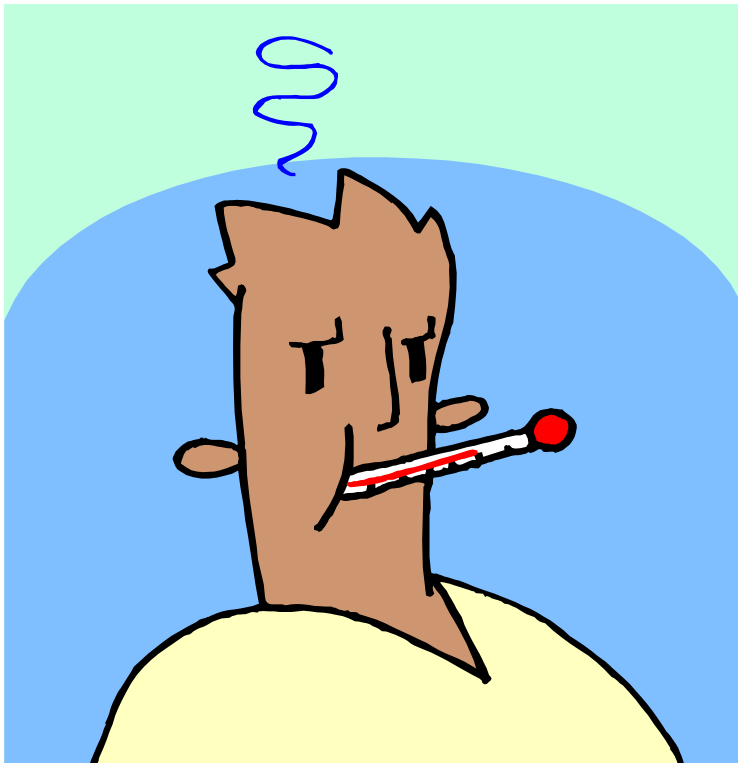




Immune Health & Nutrition



Factors that can contribute to a weakened immune system

- Obesity
- Diseases such as



cancer, heart disease, diabetes

- Stress
- Malnutrition



Nutrient Deficiencies that may weaken the immune system

- Protein
- Zinc
- Selenium
- Iron
- Copper
- Vitamin A
- Vitamin C
- Vitamin E
- Vitamin B6
- Folic Acid



How to Boost your Immune System

- Don't smoke
- Exercise regularly
- Maintain a healthy weight
- If you drink alcohol, only in moderation
- Get adequate sleep
- Get regular medical check-ups
- Be proactive in avoiding infection
 - Wash hands frequently
 - Cook meats thoroughly
 - Get cold pack from McKinley



Hand-Washing Techniques

- **Wash your hands for 20-30 seconds with soap & warm running water**
- **Wash all hand surfaces & fingers, including wrists**
- **Rinse thoroughly & dry hands with clean paper towel**
- **Use paper towel to turn off faucet & to open bathroom door**



How to Boost Your Immune System

- ***Maintain an Overall Balanced Diet.***
 - Adequate amounts of carbohydrates, proteins & fats
 - Adequate amounts of vitamins and minerals



- Visit a McKinley Dietitian for specific recommendations

Consult a Professional!!

- **Consult one of the RDs at McKinley Health Center if you have any questions or concerns about your diet.**

**SportWell
Center**

244.0261



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**Health
Education**

333.2714

How to Boost your Immune System



Relax!

- **Those under higher levels of stress are more susceptible to infection.**
- **Visit McKinley for specific information about stress reduction.**

McKinley's Stress Management Services

- ***Individual Appointments***
 - Stress Management Coordinator in the Health Education Unit
- ***Outreach Programs***
 - Stress Management Workshops & Wellness programs are available for organizations & groups
- ***Educational Materials***
 - Search the Health Info Handouts on McKinley's website
- ***Stress Management Peers***
 - Trained volunteer peers that arrange workshops, plan campus events, & develop materials to help relieve stress

McKinley's Stress Management Services

- ***Web-based Relaxation Exercises***
 - Available on McKinley's website
 - Do NOT perform these exercises while operating a vehicle or other machines
- ***Stress Relief Packs***
 - Packs available at the end of the semester
 - Include: stress management tips, snacks, coupons, and games
- **Contact McKinley's Health Education Unit for access to & info on these Stress Management Services**
 - **217.333.2714**