



# ACTIONS FOR HEALTH AND WELLBEING

The immune system is a complex network of cells and proteins that defend the body against infection. The main parts of the immune system are white blood cells, antibodies, the lymphatic system, the spleen, the thymus, and the bone marrow. Each part of the system has its own function, triggered into action when our body is invaded by bacteria or viruses.

Your body's immune system and cellular memory keep a record of every germ (microbe) it has ever defeated so it can recognize and destroy the microbe quickly if it enters the body again.

Supporting a strong immune system can protect us from getting sick. Because the coronavirus is new, we do not have immunities yet to kill it. However, the healthier we are the faster we can heal.

## The most important steps we can take to help maintain a strong immune system are:

- Eating plenty of fruits and vegetables rich in nutrients and minerals
- Practice good sleep hygiene
- Find things that make you laugh
- Stay connected with family and friends
- Keep moving with exercise, sports, and active hobbies
- Cultivating a deeper mind-body connection for deep relaxation with meditation

Check out the videos below, they offer the best way to learn about the function of our immune system and how we can help.

### Elementary

<https://www.youtubekids.com/watch?v=24IYt5Z3eC4>

<https://www.youtubekids.com/watch?v=PSRJfaAYkW4>

<https://www.youtubekids.com/watch?v=fSEFXI2XQpc>

### Secondary

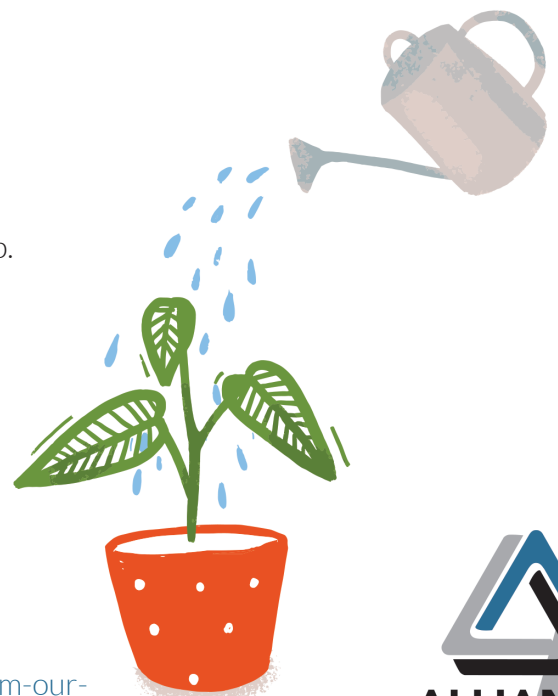
<https://www.youtubekids.com/watch?v=GIJK3dwCWCw>

<https://www.youtubekids.com/watch?v=2DFN4IBZ3rI>

<https://www.youtubekids.com/watch?v=rd2cf5hValM>

<https://study.com/academy/lesson/what-is-the-immune-system-our-bodys-defense-against-pathogens.html>

TAKE  
care  
OF  
yourself



**ALLIANCE**  
OF COALITIONS  
for Healthy Communities