



## HORNET HEALTHY LIVING: VOLUME 4

### Fight Covid-19 Naturally

A Healthy Immune System can stop Covid-19  
From progressing



Sleep 7-8 hours per night



Exercise regularly outside



Practice stress reducing  
Activities



Practice good hand hygiene



Spend time outside year  
round



Eat a Healthy Low Sugar Diet that includes foods high in Vitamins A, C, and D, Zinc and Probiotics

Drink at least 8



cups of water a day

For more information on how the Immune System protects you from infection click on the below link;  
<https://health.clevelandclinic.org/q-amazing-immune-system-protects-health/>