

SLEEP

Sleep quality is important to assist our body to function properly. Your body heals and regenerates while you sleep. During sleep, our bodies also secrete hormones that help control appetite, metabolism, and glucose processing.

Good sleep is not just about the hours of sleep you get, but also the quality of sleep.



RESOURCES

Information on COVID-19 is changing as new learnings about the virus are made. You can access authoritative, reliable COVID-19 related information from the below resources.

NICD COVID-19 Resources:
www.nicd.ac.za

COVID-19 Toll-free Hotline:
0800 029 999

COVID-19 WhatsApp:
0600 123 456

NICD Twitter:
@nicd_sa

NICD Facebook:
National Institute for Communicable Diseases

NICD YouTube:
National Institute for Communicable Diseases

The South African Depression and Anxiety Group (SADAG) 24 Hour Hotline:
0800 456 789

SADAG website:
<http://www.sadag.org/>

Nutrition Information:
<https://www.nutritionweek.co.za/>

South African Society of Sleep Medicine (SASSM):
<https://www.sassm.org/>

COVID-19 Updates:
<https://www.who.int/>

COVID-19 Online Resources and News Portal:
<https://sacoronavirus.co.za/>

COVID-19 Free Website:
<https://coronavirus.datafree.co/>

World Health Organization
<https://www.who.int/>

South African Food-Based Dietary Guidelines (SAFBDGs)

For expert advice on exercise, nutrition and/ sleep, or for questions specific to your health, please consult with your health practitioner.

TIPS FOR LEADING A HEALTHY LIFESTYLE DURING COVID-19

HELPFUL WAYS TO STRENGTHEN YOUR IMMUNE SYSTEM AND FIGHT OFF DISEASE

To help limit the spread of COVID-19 infection, frequent hand washing and physical distancing remains important. But until a vaccine is available, our immune systems will need to adapt to healthy living strategies.

The immune system is the body's soldiers of defense against potentially harmful bacteria, viruses and other organisms. The system is made up of cells in your skin, blood, bone marrow, tissues, and organs that — when functioning healthy — protect your body against harmful infections.

The immune system can be supported by healthy-living strategies such as what you drink and eat, exercise, stress management and quality sleep.

HABITS



Don't smoke



Minimise stress



Sleep 8 hours

YOUR BODY



Move regularly



Maintain healthy weight

FOOD & DRINK



Drink alcohol in moderation



Eat a balanced diet

REMEMBER



WASH YOUR HANDS regularly, wear a **MASK** and maintain **PHYSICAL DISTANCING**

MOVEMENT

BENEFITS OF MOVEMENT

- 1 Reduces the risk of heart disease, stroke, type 2 diabetes, and various cancers - all conditions that can increase susceptibility to COVID-19
- 2 Improves mental health - reducing the risk of depression, anxiety, cognitive decline and delay the onset of dementia
- 3 Promotes good circulation, which allows the cells and substances of the immune system to move through the body freely to do their job
- 4 Can reduce high blood pressure
- 5 Helps manage weight

The World Health Organization has recommendations on the amount of physical activity people of all ages should do to benefit their health and wellbeing.

INFANTS UNDER 1 YEAR	CHILDREN UNDER 5 YEARS	CHILDREN AND ADOLESCENTS AGED 5-17 YEARS	ADULTS AGED OVER 18 YEARS
30 MINS PER DAY	60-180 MINS PER DAY	60-180 MINS PER DAY	150 MINS PER WEEK
Physical activity including tummy time.	Moderate to vigorous intensity of physical activity.	Physical activities.	Moderate to vigorous intensity of physical activities and 300 minutes per week.

WHAT KIND OF EXERCISE CAN I DO?



EXERCISE AT HOME



Walk up and down stairs



Dance to music



Skipping rope (even an imaginary rope)



Squats



Jumping jacks



Push ups



Run on one spot

GO ONLINE



SEARCH:

"HIIT workouts at home"
"Home workouts"
"Workouts for families at home"
"Workouts at home for elderly"

NUTRITION

Nutrition supports and maintains proper immune function to viruses such as the novel coronavirus (COVID-19).

BENEFITS OF NUTRITION



Help fight illnesses



Improve heart health



Prevent obesity



Improve mood



Improve memory



Help with diabetes management

The nutrients you get from food — in particular, plant-based foods like fruits, vegetables, herbs, and spices — are essential to keeping your immune system functioning properly. There are plenty of small positive ways to improve your diet, including:

- Swapping soft drinks for water.
- Eat a variety of foods.
- Ensuring that vegetables make up about 50 percent of each meal
- Eating whole fruits instead of drinking juices, which contain less fibre and often include added sugar.
- Avoiding processed meats, which are high in salt and may increase the risk of colon cancer.

Eating healthy also means avoiding processed foods like junk food and foods with high amounts of added salt and sugar.

