

Sirikorn Phothijak. (2021, December), 7 tips to reduce the risk of influenza infection : Chewajit 24 (557) : 10

Dr. Debora Clement, Family Physician at Northwestern Medicine Leke Forest Hospital, USA, explains how to reduce the risk of infectious diseases. Especially the group of colds as follows:

- **Increase the humidity of the air.** If you live in a cold and dry climate There should be a bowl of clean water placed. In the bedroom, to help the air inhaled will keep the nasal cavity from becoming very dry and help maintain the good balance of microorganisms that live in it to help trap foreign germs.

- **Eat foods rich in vitamin D,** such as soy milk, mushrooms, cod liver oil, pomegranate fish, and regular exposure to sunlight.

- **Regularly eat foods rich in zinc,** such as seafood, especially oysters. Sunflower seeds, brown rice, nuts, sesame

- **Eat prebiotic foods** such as kombucha, yogurt, tempeh and natto to balance the intestinal microflora.

- **Always clean your mobile phone.** A study by the University of Arizona, USA, found that Mobile phones are 10 times more likely to harbor germs than toilet seats.

- **Follow basic hygiene during the epidemic,** such as wearing a mask regularly, washing your hands. Often, do not rub your eyes or touch your face with your hands.

Finally, have to sleep for 6-8 hours, drink 1.5-2 liters of water a day, eat 500 grams of fruits and vegetables a day, and reduce stress, the immune system will work well.

