Here are some helpful tips you can do at any time to build your body’s immune system.

**Get to bed earlier**
Getting under the covers earlier improves your chances of a better night’s sleep.

**Address ongoing stress**
The Optum Public Crisis Line is available to anyone 24/7 at 1-866-342-6892

**Eat more!**
Immunity-boosting foods such as fruits, nuts, vegetables and grains

**Take brisk walks and other moderate activities**
While practicing social distancing

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