Stay Healthy

De-Ann Smith March 19, 2020

We've been experiencing information overload with the COVID-19 virus that has quickly spread across the world. However, staying healthy is and has always been a priority for us at Sagicor. While we do want to reinforce some tips to help fight the virus, we also want to share some tips that we hope you make a regular part of your lifestyle.

Stay Healthy

Stay Active- Keeping active is essential for both physical and mental wellbeing. At least 30 minutes a day is recommended. Take a walk or a jog, just keep moving.

Eat healthy – Take small steps such opting for water instead of soft drinks or swapping out fruits for your regular snacks. Choose a day to switch it up and go from there.

Stop Smoking– Making the decision to stop smoking, reduces the risk of developing cancer and boosts your general health.

Rest Well – Adequate and quality rest improves productivity, focus, mood, immune system and so much more. Don't just sleep, do your best to ensure you're as comfortable as can be.

Look after your mental health – Taking care of your mental health is so important. Your mental health can affect your physical in so many ways. It's always best to seek a professional to get the best advice and accurate information. Here are a few tips to help

- Exercise
- Live in the present
- Be mindful of your thoughts
- Connect with and talk to others

Get Regular Checkups! It's recommended. Speak to your doctor to find out how often based on age and health conditions.

Boosting Immune System

We've been hearing about our immune system quite often with the spread of COVID-19. Your immune system is not a single entity. It's a system or network of tissues, cells and organs including your tonsils, digestive system, skin, bone marrow, nose, throat and so much more. Speak to a professional to learn and understand more about the immune system and how it works.

What we can tell you, is that we need it to fight off germs, bacteria and viruses. We also need it to help us recover when sick. How do we boost the immune system? Well, follow the health tips above and seek medical advice.

COVID-19 Tips Reminder

- Get news from a reliable source
- If you are experiencing symptoms seek medical attention
- Wash hands regularly

• Cover your mouth with inside of your elbow when you cough or sneeze or use a tissue (dispose immediately after and wash hands)
• Practice social distancing
• Avoid touching your face
• Avoid sharing cups, food, etc
• Clean and disinfect frequently touched objects and surfaces

Don't Stress! Stress affects the immune system negatively. It's best to stay calm in a time like this.

Through it all, Sagicor's GOT YOU COVERED!