

- Virus / Health

## How to be healthy amidst COVID-19 pandemic

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WE ARE all struggling and suffering because of this pandemic. We all have been exhausted knowing the fact that that there is nothing that we can do but just to wait and see when everything will get back to its normal state.

However, when things are started to get better (for all we knew), another series of lockdowns are happening since cases are increasing again. This y means that virus pandemic is far from over.

That is why, it is very important nowadays not to get sick. Being sick brings harm not only to the person who is sick but also surrounds him/her as well. And there are things we can do to prevent being sick. Here are some ways we can maintain being healthy amidst this crisis.

### 1. PROPER HYGIENE.

Hygiene is essential to avoid germs, bacteria, and virus from coming. Taking a bath and washing our hands regularly eliminates these bad germs, bacteria, and viruses from spreading in our body. Never underestimate what regular washing can do to our body.

### 2. ALWAYS FOLLOW SAFETY PROTOCOLS.

Wearing face masks, face shields, and following social distancing protocols must be observed and followed all the time. There is no exemption for this.

### 3. EATING HEALTHY AND NUTRITIOUS FOOD.

Avoiding junk food, alcohol, and fatty food can help healthy cells from growing. These kinds of food are dangerous and thus harms our body. Start to eat green food now and see the wonders it will give to our body.

### 4. PHYSICAL ACTIVITIES.

Doing exercise, playing sports games, and doing workouts are very healthy for our mind and body. There are many tutorials we can follow in the internet. By just simply doing it, we can keep our body from getting sick. (Contributed article)