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Many factors that positively affect your immune system are within your control. Having a stronger immune system may determine how badly you'll be infected if you are exposed to the virus. This [article](#) from AARP suggests ways for older adults to strengthen your immune system. Highlights from the article:

**Movement:** Regular exercise can boost immune function and reduce inflammation. Exercise strengthens the body and may be the most important lifestyle intervention you can add.

**Weight management:** Obesity releases inflammatory responses in your body. Getting to a healthy weight could be a major factor in decreasing inflammation levels.

**Self-knowledge:** Staying on top of whatever chronic conditions you have will allow you to spot changes quickly, so you and your doctor can decide on a better course of therapy.

**Nutrition:** Eating right has specific nutritional effects on immune function in older adults. Eat vegetables, good proteins and fiber. The latter is important because it feeds the good bacteria in your gut and can help lower inflammation.

**Calm:** Self-care in this area is important — from anti-stress activities (religious or spiritual consultation, meditation, exercise) to asking for help in unresolved stressful situations in your life (work, money, caregiving).

**Vaccines:** People should get whatever vaccines their doctors recommend based on age and underlying medical conditions.

**Medications:** If you're on any ongoing medications, talk to your doctor about possible immune system side effects and how to address them.

Source: <https://www.aarp.org/health/conditions-treatments/info-2020/coronavirus-immunity-age-risk.html>



The COVID-19 Community Task Force (CCTF) is a volunteer organization established to engage the community in responding to the COVID-19 Pandemic and to support and augment the County's efforts. The information shared by the CCTF is not an official communication from Pamlico County, its Health Department or the Pamlico County COVID19 Task Force.