PROTECT YOURSELF AND OTHERS FROM COVID-19!

LINDSEY PINE | nutrition × USC

BY TAKING SOME SIMPLE STEPS, WE CAN STOP THE SPREAD OF GERMS!

- Wash your hands often for at least 20 seconds with soap and warm water. (Singing “Happy Birthday” to yourself twice is about 20 seconds).
- Wash your hands before entering the Residential Dining Venues.
- Cough and sneeze into a tissue if possible, immediately disposing of the tissue. If you don’t have a tissue, cough and sneeze into your elbow and hip.
- Avoid touching your mouth, nose and eyes.
- Instead of shaking hands, consider a non-contact greeting such as a wave or FightOn sign.
- Clean and disinfect commonly touched objects and surfaces like desks, door handles, counters, cell phones, and water bottles.
- Open doors with your elbow if possible.
- If you are sick with fever, cough, and/or respiratory symptoms, stay home and avoid others. B.R.A.T.S. sick meals are available to students who are both on the meal plan and live in USC Housing.

THE BEST DEFENSE IS A GOOD OFFENSE! SUPPORT YOUR IMMUNE SYSTEM THROUGH HEALTHY HABITS.

- Eat fruits and veggies! Aim for at least 1½-2 cups of fruit and 2-3 cups of veggies per day.
- Foods high in vitamin C include citrus, red peppers, broccoli, and strawberries.
- Beta-carotene is important for immune function. Found in foods such as carrots, sweet potatoes, leafy greens, winter squash, and cantaloupe.
- Eat your zinc. Sources of zinc include seafood, animal protein, legumes, nuts/seeds, eggs, and whole grains.
- Limit added sugars – men shouldn’t exceed more than 36 grams (9 teaspoons) per day and 24 grams (6 teaspoons) for women.
- Get plenty of sleep per night (7-9 hours).
- Hydrate with water instead of sugary beverages.