



## **Immune System Boosts! Keep Your Immune System Strong**

- Get plenty of sleep: a minimum of 6-7 hours; ideally 8 hours a night
- Exercise regularly, such as walking or jogging
- Good nutrition with a balanced diet
- Stay up to date with vaccinations – Patients with cancer who are currently under treatment should contact their physician
- Minimize stress

**Reference:** <https://www.fredhutch.org/en/news/center-news/2020/03/coronavirus-what-cancer-patients-need-to-know.html>