



Novel Coronavirus – 2019-nCoV



Here are some tips on how to strengthen your immune system and avoid getting Flu;

Click on the images below for links to further information;

Healthy Diet:

1/ Eat a healthy diet to boost your immunity



Exercise:

2/ Exercise to keep fit



Personal Hygiene:

3/ Maintain good personal hygiene



Reduce Stress & Improve Sleep:

4/ Reduce stress and get plenty of sleep

Happify



Overcome stress and negative thoughts. Build resilience.

Happify is an app providing effective, evidence-based solutions for better mental health and wellbeing in the 21st century.

There are skills that can be learnt—they take just a few minutes every day—which can quietly but profoundly change the way you see the world.

Further information

[Centre for Health Protection](#) (CHP) website.

[World Health Organisation](#) (WHO) website.

[Detailed information on Coronavirus](#) OT&P website

[WHO Advice on wearing Masks](#)

[HK CHP Respiratory Health Advice](#)

If you have any questions, please contact; lucy.clarke@hkrugby.com