



## Coronavirus (Covid-19) Communication

With all of the news circulating about the Coronavirus, we wanted to share what we know at this point in time. The information is *constantly* evolving, and we'll do our best to share what we know if things change for us here at Pax. All the experts are indicating that Covid-19 is *nowhere* near over. We encourage you to temper fear with reason, panic with patience, and uncertainty with education.

Here at Pax, we ask that everyone take **common sense** approaches to everything, including:

- Washing your hands often
- Avoiding crowds
- Keeping at least a 3-foot distance from each other (preferably 6 feet).
- If you are sick – stay home
- Limiting people coming into the plant and limiting visits to customers and suppliers

For More Information, please visit these resources:

- CDC – Centers for Disease Control and Prevention – <https://www.cdc.gov>
- WHO – World Health Organization – <https://www.who.int/>
- ODOH – Ohio Department of Health - <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/>
- OSHA – Occupational Safety & Health Administration – <https://www.osha.gov/SLTC/covid-19/>
- Johns Hopkins – <https://coronavirus.jhu.edu/>

## GUIDELINES TO BOOST YOUR IMMUNE SYSTEM

Source: Life Time – lifetime.life

Stick to a nutrient-dense, toxin-free diet, including known immune-supportive foods like garlic and ginger. Avoid foods that tend to weaken the immune system, such as sugar, refined grains, vegetable oils, and processed and refined foods, as much as you can.

Get plenty of sleep, ideally seven to eight hours a night. This is your body's time to perform preventive maintenance, which bolsters the immune system. Research shows that repeatedly short-changing sleep by even an hour or two can negatively affect immunity.

Get plenty of sunshine and supplemental vitamin D. High levels of vitamin D have long been linked to lower rates of illness. There's nothing like sunshine and fresh air.

Consider taking additional vitamins, micronutrients, and supplements to support immunity, such as a high-quality multivitamin, magnesium, omega-3 fish oils, vitamin C, elderberry, and digestive enzymes. Probiotics and powdered greens have also been shown to support immune and gut health.

#### Appendix A-1

Get at least 20 minutes of low- to moderate-intensity exercise a day to prime the immune system. This movement results in the production of more white blood cells, which combat bacteria and viruses, and promotes improved circulation.