

PRO-ACTIVE STEPS

Pro-active steps from the Orreco team to reduce risk of infection.



01

REDUCE RISK OF CONTACT WITH INFECTIOUS MICROBES

- ❗ Avoid unnecessary travel, and avoid crowded places, since the most common cause of infection is contact with other people.
- ❗ Avoid touching surfaces, and be particularly mindful of door handles and the need to wash hands after contact.
- ❗ Avoid self-inoculation – don't touch your face, particularly your eyes.
- ✅ Handwash regularly with soap for at least 20 seconds after interactions and before eating. Use hand sanitizer gel (this needs to be at least 60% alcohol to be effective) as a convenient alternative to handwashing with soap, but not as a replacement.
- ❗ Politely decline handshake greetings.
- ✅ Wipe surfaces using a suitable anti-microbial product and dispose of the wipes.
- ✅ Wipe devices regularly, particularly touchscreens and keyboards with multiple users.



02

PREPARE YOUR BODY TO DEAL WITH INFECTION

REVIEW YOUR DIET

- ✅ Ensure you are consuming adequate protein and carbohydrate to support recovery and adaptation.
- ❗ Do not experiment with calorific restriction at this time, this puts your immune system at risk – instead periodise your energy intake according to your training volume.
- ✅ Ensure you are consuming plenty of vegetables and fruit to maintain intake of vitamins and other micronutrients to support immune health. The polyphenols in fruits and vegetables have proven anti-viral properties and can reduce the risk of contracting upper respiratory tract infections.
- ✅ Stay well hydrated and put reusable water bottles through the dishwasher daily.
- ✅ Ensure you follow your biomarker-driven individualised nutrition advice e.g. optimising vitamin D status (related to immunity) and vitamin E status which is involved in B-cell antibody production.

REST & RECOVER

- ✅ Sleep. As much as you need. For most people this is >7 hours.
- ✅ Rest and recover. Exercise stimulates your immune system, and helps protect you from infection, provided you are resting and recovering between sessions. Chronic overload without adequate rest compromises immunity.
- ✅ Manage stress. Excessive stress can compromise immunity.



03

PROTECT YOUR TEAMMATES

- ✅ Catch coughs and sneezes in a tissue and immediately dispose of them.
- ✅ If you are going to sneeze, use your arm to block/shield others from the sneeze.
- ❗ Politely decline handshake greetings.
- ✅ If you have symptoms of an upper respiratory tract infection, e.g. sore throat, runny nose, sneezing, coughing, headache, communicate this to the team doctor immediately and self-isolate yourself.
- ✅ If you have come in to contact with someone who is infected, communicate this to the team doctor.

