

HEALTHY PRACTICES AND COVID-19

During the pandemic, there are certain things you should do to stay healthy!

1 WEAR A FACE MASK

Putting a face covering over your mouth and nose isn't all that comfortable, but it is important because it helps prevent the spread of infection. When an infected person coughs, sneezes, or even talks, they could release germs into the air that may infect others nearby. Having a face mask on helps eliminate cross-contamination. Even if you don't feel sick or have COVID-19 symptoms, you should still wear a mask. This is because people can be asymptomatic (not feel sick) and transmit the virus.

2 WASH HANDS FREQUENTLY

People who are contagious may sneeze or cough on objects and touch surfaces, leaving infected droplets behind. Hand washing kills germs. You should wash your hands with soap and water for 20 seconds. Everybody knows the song "Happy Birthday," right? Sing that twice to yourself while washing your hands and that will take about 20 seconds!

3 STAY SIX FEET APART

Have you heard of the term "social distancing" before? This is a term meant to remind people that they should stay distanced from people outside of their household. The virus spreads between people. If someone is sick with COVID-19, they can spread the virus to other people when they inhale or exhale air through their respiratory droplets.

4 STAY ACTIVE

Despite the changes to your normal routine, you should still try to be as physically active as possible. Sit less, walk more! Do you have some sidewalk chalk? Draw an outdoor obstacle course for yourself that involves jumping, skipping, and hopping!

5 STAY CONNECTED

You might not be able to visit family members besides those that you live with, but that doesn't mean you can't spend time with them over a video chat! Staying connected with the people that you know will make differences in routine feel more tolerable.

6 GET ENOUGH SLEEP

Make sure you are getting enough sleep so that your body has time to recharge. Sleep is an important part of a healthy lifestyle.

7 GET A FLU SHOT

During the winter both the flu and COVID-19 will be around. A flu shot does not protect against COVID-19, but it does reduce the risk of any serious flu related illness and therefore your need for medical attention. It is likely that health care facilities will become quite busy and saving healthcare resources for the care of COVID-19 patients is important.

