

# HOW TO PROTECT YOUR WHOLE HEALTH DURING COVID-19

## How to Prevent, Protect, and Preserve Your Health during COVID-19

### Physical Health



#### Wash Your Hands Often

Use soap and water for 20 seconds or more especially after you have been in a public place, blowing your nose, coughing, or sneezing.

#### Avoid Touching Your Face



#### Avoid Close Contact with People



Do not join gatherings of 10 or more people

Keep a distance of 6 feet between people when outside



#### Stay Home if You Are Sick

Stay home to prevent spread, but call your doctor and go seek medical care.

#### Clean and Disinfect Surfaces

Disinfect all frequently touched surfaces very often including devices, counters, doorknobs, switches etc.



### Mental Health

#### Acknowledge Your Feelings

Uncertain times brings anxiety and stress, allow yourself to notice those feelings.

*Write in a journal or talk to those you trust.*



#### Breathe. Keep Breathing.

Stress and anxiety causes shallow breathing, so take moments to exhale completely and inhale deeply. Do not rush or you'll get light-headed.

#### Pay Attention to Your Thoughts

Your body responds to what you think about. Practice Mindfulness, tune into what's happening around you now - sights, smells, sounds and what you can control.

#### Maintain Healthy Activities

Eat healthily, get some physical exercise, get enough sleep and maintain a regular sleep schedule, and do things that bring you joy and energy!



#### Set Limits on Social Media and News

Keep informed, but it is good and necessary to take breaks from it. Set boundaries that work for you that



preserve your time and energy



#### Stay Connected with Others

Physical distance doesn't cut you off from loved ones!

Connect!