

Tips to Keep You and Your Community Healthy

(www.cdc.gov/coronavirus)

Everyday preventive steps:

- Wash your hands frequently
- Avoid touching your eyes, nose, and mouth
- Stay home when you are sick
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash
- Clean and disinfect frequently touched objects and surfaces
- Be prepared if your child's school or childcare facility is temporarily dismissed or for potential changes at your workplace.

Watch for symptoms:

- Consult the self-checker: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Stay home and speak to your healthcare provider if you develop any of these symptoms: Fever, cough, shortness of breath
- If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include:
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - New confusion or inability to arouse
 - Bluish lips or face
 - **Note: This list is not all-inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.**

Keep away from others who are sick:

- Limit close contact with others as much as possible (about 6 feet)
- If someone in your home is sick continue to practice everyday preventive actions
- Keep the ill person in a separate room from others in the household
- If caring for a sick household member, follow recommended precautions and monitor your own health
- Keep surfaces disinfected
- Avoid sharing personal items
- If you become sick, stay in contact with others by phone or email
- Stay informed about the local outbreak situation
- Notify your work if your schedule needs to change
- Take care of the emotional health of your household members, including yourself
- Take additional precautions for those at higher risk, particularly older adults and those who have severe underlying health conditions

Consider staying at home and away from crowds:

- Make sure you have access to several weeks of medications and supplies in case you need to stay home
- When you go out in public, keep away from others who are sick and limit close contact with others
- Practice good hand hygiene

In regard to children:

- Notify your child's school if your child becomes sick with COVID-19
- Keep track of school dismissals in your community
- Discourage children and teens from gathering in other public places

Stay informed and in touch:

- Get up-to-date information about local COVID-19 activity from public health officials
- Ask and discuss plans with your neighbors
- Create a list of local organizations you and your household can contact in case you need access to information, healthcare services, support, and resources
- Create an emergency contact list including family, friends, neighbors, carpool drivers, healthcare providers, teachers, employers, the local public health department, and other community resources
- Prepare for possible illness
- Consider members of the household that may be at greater risk such as older adults and people with severe chronic illnesses
- Choose a room in your house that can be used to separate sick household members from others

Stress and Coping:

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of alcohol, tobacco, or other drugs
- Everyone reacts differently to stressful situations
- How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in

People who may respond more strongly to the stress of a crisis include:

- Older people and people with chronic diseases who are at higher risk for severe illness from COVID-19
- Children and teens
- People who are helping with the response to COVID-19, like doctors, other health care providers, and first responders
- People who have mental health conditions including problems with substance use
- **Caring for yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger**

Ways to cope with stress:

- Reduce Stress Levels: Chronic stress suppresses your immune system through the release of the hormone cortisol, which interferes with T-cells
- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting
- Take care of your body
- Take deep breaths, stretch, or meditate
- Try to eat healthy, well-balanced meals
- Avoid alcohol and drugs
- Make time to unwind. Try to do some other activities you enjoy
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Exercise: Working out on a regular basis is proven to boost the immune system. Exercise helps to mobilize T-cells
- Sleep: Perhaps the most important thing you can do is get 7-8 hours of restful sleep to strengthen your immune system
- Vitamin C & Multivitamins: Vitamins can boost your immune system. Vitamin A, B6, C, D and E can help increase the strength of the immune system. Vitamin C is the biggest booster of all.
- Don't Smoke: If you smoke, now is a critical time to quit. Smoking impairs immunity and is a specific risk factor for Covid-19
- Getting natural sunshine helps supplement your Vitamin D levels, which is essential for healthy functioning of the immune system. Also beneficial for stress reduction