## COVID-19 Prevention & Well-Being Newsletter

The coronavirus impacts our society, environment, and culture, but its effect on our health is the most critical. By taking care of yourself and coping with stress, you are taking care of your family, friends, and community.

### Prevent The Spread of COVID-19

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Wash your hands for at least 20 seconds.
- Cover your cough or sneeze with a tissue.
- Stay home when you are sick, except to get medical care.
- Clean and disinfect frequently touched objects and surfaces.

### Symptoms of COVID-19

- **Fever (100.4)**
- **Headache**
- **Chills**
- **New loss of taste or smell**
- **Muscle Pain**
- **Sore Throat**
- **Cough**
- **Shortness of Breath**

May appear 2-14 days after exposure.

### Most Common Hand Washing Myths

#### MYTHS

- Hand sanitizers can replace washing your hands with soap and water.
- It doesn't matter how long I wash my hands as long as I use soap.
- The hotter the water you use for hand washing, the better.

#### FACTS

- Alcohol-based hand sanitizers reduce germs but are not as effective as soap and water.
- In order to remove germs, scrub for 15-30 seconds.
- Water temperature does not affect germ removal.
Quality Sleep Keeps Your Immune System Healthy

Routines
Have a consistent schedule. Getting into a routine of waking up and going to bed at the same time every day will help you fall asleep quicker.

Limit Electronics
Turn off electronics at least two hours before bedtime. The blue light emitted from your screens delays the release of sleep-inducing melatonin.

No Naps
Refrain from taking naps. Naps interfere with your sleep schedule and can make you too alert at bedtime.

Daytime Exercise
Exercise during the day improves sleep quality. Don't exercise within two hours of bedtime as it may cause trouble falling asleep.

Quit Smoking
Nicotine affects your sleep and harms your health in many ways. For more information, visit Healthy Campus: Choose Well

No Caffeine
Avoid caffeine after 2 pm. Coffee, tea, and soda late in the afternoon can make it more difficult to fall asleep.

Heavy Meals
Avoid heavy meals before bed. Try to have dinner about 2 to 3 hours before bedtime.

8 Ways To Manage Stress

Staying connected, even virtually, reduces symptoms of stress and increases feelings of happiness.

Pet therapy! Walk your dog or pet to calm nerves and cope with anxiety.

Meditation and mindfulness are proven ways to reduce stress.

Practicing yoga can help the body relax. Attend live online yoga courses or watch videos.

Reading and learning about other topics than COVID can reduce stress.

Exercise improves mental health, manages stress, and strengthens your immune system.

Music therapy provides a distraction for the mind, and can alter our mood, which in turn can influence behavior.

Massages help reduce stress and muscle tension.
**COVID-19 Prevention & Well-Being Newsletter**

**Protect Your Family & Physical Health**

---

**Connecting With Children During COVID**

**Focus On Family Meals**

Studies show that eating together as a family encourages children to prefer healthier meals, decreases the likelihood of behavioral problems with children, and improves parent-child relationships.

**Staying Active**

Encourage physical activity to keep bodies healthy and moods positive.

Play outside or go for a family hike. Children can also engage in active outdoor chores, such as gardening and watering plants.

Interactive indoor games can increase bonding and decrease stress for both parent and child.

---

**Don't Forget To Clean These Hard Surfaces**

Clean & Disinfect Regularly...

- Hard-backed chairs
- Desks & TV remotes
- Faucets, sinks & toilets
- Light switches
- Doorknobs & handles

---

**Immunity-Boosting Foods**

- Green Vegetables
- Turmeric & Cinnamon
- Beans & Lentils
- Lean Animal Proteins - Salmon & Chicken
- Blueberries & Dried Tart Cherries
- Nuts & Seeds
- Sweet Potatoes & Carrots
- Citrus, Fruits & Tomatoes