

# Ways to stay healthy and well during the pandemic

## Prevent infection

- Use social distancing. Keep an extra distance (currently 6 feet or more) between you and other people
- Follow federal, state and local masking recommendations
- Wash your hands often
- Wipe down and sanitize high-touch surfaces
- Cover your cough/sneeze appropriately
- Stay home if you feel sick (and away from others)



## Focus on mental wellness

- Consider practicing meditation and other mind-body practices
- Go with the flow – think of your daily interactions as “improv”
- Focus on things that are in your control
- Take a moment to enjoy the little things (something of beauty/positivity)
- Get out in the sunlight
- Build structure into your day



## Keep up with physical wellness

- Maintain a nutritious diet to support immune strength. Include these food boosters into your daily meals: broccoli, strawberries, avocado, legumes, fish and sweet potatoes
- Enjoy the outdoors, and try to get at least 30 minutes of exercise a day
- Try to avoid smoking. Coronavirus is especially bad for smokers of all substances



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