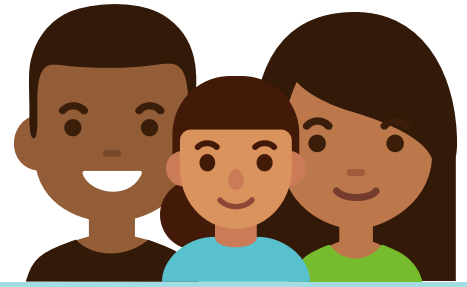


# Stay Healthy during COVID-19

Exercise, healthy eating and fresh air are essential ways to cope with stress during this difficult time with COVID-19. Here are some healthy eating tips, ways to manage your health conditions and safe activities you can do with your family.



## GO OUTSIDE AND PLAY RESPONSIBLY

- Enjoy nature walks with your family- It's important that all guidelines from state and local health officials, such as social distancing (at least 6 feet from others) and practicing good hygiene, are still followed.
- Join your children outside for a game of hide and seek, kick the can, or a scavenger hunt around the neighborhood.
- Take your dog for a walk, go for a jog and take a bike ride.
- Sets yourself and your family "be active" goals: choose a specific activity, time of day or number of minutes you will do every day.
- Spend time outside without distractions whether it's walking along a trail or sitting in your backyard or patio.



## DO YOUR BEST TO EAT HEALTHY FOODS

- Keep fruits and vegetables on hand if possible.
- Fresh vegetables with longer shelf life include: carrots, turnips, potatoes, yams, beets, onions, squash and cabbage.
- Fresh fruit with longer shelf life include: Apples, melons, oranges, grapefruit, lemons and limes.
- Frozen fruits and vegetables are good too!
- Choose whole grain breads, pastas and tortillas if possible.
- Drink plenty of water.
- With more time at home- try making new, healthy recipes with your family!



## MANAGE YOUR HEALTH CONDITIONS

- Gather any supplies and medications you may need to ensure you have them on hand.
- Ensure you have phone numbers for your doctors, pharmacy and insurance provider on hand.
- Ask your doctor if virtual visits are available.
- Wash your hands often.
- To the extent possible, avoid touching high-touch surfaces in public places- elevator buttons, door handles and handrails.
- Clean and disinfect your home to remove germs.
- Avoid crowds.
- Continue routine practices to ensure stability of your health condition.
- Eat healthy and stay active as you are able!

