Tips to Stay Healthy

The County would like to acknowledge that as new directives and updates are being provided by our health officials about COVID-19, a natural reaction may be to worry, which may leave us feeling vulnerable and helpless. In addition to following the advice and orders of our Public Health Officer, here are some tips to help you practice self-care during this time:

1. **Healthy habits.** While this may seem simple, any health care provider will tell you that getting good sleep, eating healthy, drinking plenty of water and exercising regularly can help boost your immune system. Consider our Public Health Officer's guidance and practice social distancing while taking care of your physical and mental health.
2. **Digital detox.** Continuous watching or listening to media reports, reading online news or social media can lead to unintended fear and anxiety. Try to limit your intake of news to a couple of key reliable sources and remember to check our Public Health Department and the Centers for Disease Control and Prevention websites for key COVID-19 updates.
3. **Mindfulness.** Being present and living in the moment can help you reduce anxiety. If you need help calming your mind, try listening to mindfulness apps or listening to visualization resources. And, remember to access your health plan's mental health and behavioral health services if you start to feel overwhelmed. Mental health and behavioral health providers are essential services.
4. **Hand awareness.** In addition to frequent proper handwashing, be aware of what you touch, and clean and disinfect throughout the day since your hands are a key way germs get into our body.
5. **Normalize new salutations.** Elbow bumps, a head nod, a virtual high five or a nice smile are the new ways to greet others without having to shake hands. Give it a try and others will appreciate your thoughtfulness.

While this is not meant to be an all-inclusive list, these tips will hopefully provide some actions you can control during this time.