

MOWDR Health and Wellness Team's Tips for Seniors during Covid-19 Pandemic

Here are a few health and wellness tips to help you through the pandemic

Safety First

Follow CDC guidelines:

- Stay home if possible
- Wash your hands often
- Avoid close contact (6 feet, which is about two arm lengths) with people
- Clean and disinfect frequently touched services
- Call your healthcare professional with concerns about COVID-19 and your underlying condition or if you are sick

Nurture Your Mental and Emotional Wellbeing

While most of the focus has been on avoiding risk and staying safe, your mental and emotional wellbeing is just as important during this time:

- Minimize the amount of time spent watching news stories and social media
- Relax by taking deep breaths, stretching or meditating with [this video](#) or stretch and move with Eileen in [this video](#)
- Remember that laughter has both mental, emotional and physical benefits
- Eat healthy, well-balanced meals
- Seek activities you enjoy such as reading, writing, listening to music
- Stay connected to others in your community with phone calls, online groups of interest
- Talk with people you trust about your concerns and how you are feeling and coping during the pandemic. It's normal to feel anxious and worried. Acknowledge these feelings and talk about them
- Call your healthcare provider if these feelings affect your daily activities for several days in a row

Know the facts

Get up-to-date and accurate Information from:

The World Health Organization (WHO)

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Centers for Disease Control (CDC) <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Continue making social connections during our Meals on Wheels Diablo Region Friendly Visitor Program

If you or a family member would enjoy friendly conversation and social connection with a Meals on Wheels Volunteer or Friendly Visitor Team member please [complete the application here](#) or email to info@mowdr.com or call (925) 937-8311 for more information. We at Meals on Wheels Diablo Region are here for you.