SLOW THE SPREAD AND STRESS RELIEVERS

COVID-19

SOURCE: WORLD HEALTH ORGANIZATION

- Wash your hands frequently
- Avoid touching your eyes, nose and mouth
- Cover your cough using the bend of your elbow or a tissue
- Avoid crowded places and close contact with anyone that has fever or cough

SOURCE: STATE OF CALIFORNIA OFFICE OF THE SURGEON GENERAL

- Get information from trusted sources
- Wash your hands frequently
- Avoid touching your eyes, nose and mouth
- Cover your cough using the bend of your elbow or a tissue
- Avoid crowded places and close contact with anyone that has fever or cough

- Exercising daily for 60 minutes
- Get sufficient, high-quality sleep
- Ensure that you get the proper nutrition to help combat stress
- Engage in mental health care and minimize consumption of news or media content that feels upsetting
- Mindfulness can help strengthen the brain pathways that actively buffer the stress response