

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

If you have a fever, cough, and difficulty breathing, seek medical care early - but call first and stay at home if you feel unwell

Get information from trusted sources

SOURCE: STATE OF CALIFORNIA OFFICE OF THE SURGEON GENERAL



SUPPORTIVE RELATIONSHIPS
Maintain your supportive relationships virtually or with those you are at home with.

EXERCISE DAILY
Engage in 60-minutes of physical activity every day. It doesn't have to be all at once.

HEALTHY SLEEP
Get sufficient, high-quality sleep.

NUTRITION
Ensure that you get the proper nutrition to help combat stress.

MENTAL & BEHAVIORAL HEALTH SUPPORT
Engage in mental health care and minimize consumption of news or media content that feels upsetting.

MINDFULNESS, MEDITATION & PRAYER
Mindfulness can help strengthen the brain pathways that actively buffer the stress response