



2019 Novel Coronavirus [COVID-19]

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Healthy Living Tips During COVID-19

- **Stay active:** There are outdoor alternatives to getting physical activity without going against the preventive best practices recommended by the CDC like social distancing and avoiding large crowds. Aerobics can be done successfully at home. Another important point to consider is that avoiding crowds does not mean avoiding nature. Going for a brisk walk or jog outside in uncrowded areas outdoors is still considered relatively safe. Push-ups, sit-ups, jumping-jacks and more exercises are great ways to stay fit away from the gym.
- **Adequate sleep:** Good sleep is essential to our overall health. According to The National Institutes of Health (NIH), a part of the U.S. Department of Health and Human Services and the nation's leading medical research agency: "Immune system activation alters sleep, and sleep in turn affects the innate and adaptive arm of our body's defense system." While the amount of sleep needed for good health and optimum performance mostly depends on the individual, the CDC recommends adults age 18-60 years get seven or more hours of sleep per night.
- **Diet and nutrition:** Practicing self-discipline and avoiding "emotional eating" due to stress that may be related to the drastic changes surrounding the COVID-19 pandemic and how it affects our lives is imperative. According to the CDC, whole foods like dark, leafy greens, oranges and tomatoes—even fresh herbs—are loaded with vitamins, fiber and minerals. Make it a habit to try to eat more whole nutritious foods instead of processed snacks or fast food. See also: [CDC, Healthy Eating for a Healthy Weight](#)
- **Self-care:** Take time to take care of yourself. Be supportive and suggest the same for those close to you. Meditation, relaxation, quality time with family, personal care of yourself promotes overall wellness.
- **Healthcare maintenance:** If you have medications prescribed for any condition, be sure to take them as directed by your provider. Chronic conditions such as hypertension, diabetes, asthma and many others should be kept in check with taking your medications as prescribed. Be sure to reach out to your healthcare provider with any concerns. In the age of COVID-19, telehealth solutions are available if you want to speak with a provider about a health concern unrelated to COVID-19.
- **Cope with stress and anxiety:** Positively cope with stress and anxiety induced by new precautions we must all now take to combat the spread of COVID-19 in our communities.

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Positive coping mechanisms would include exercise, meditation, reading, further developing certain skills or hobbies etc. Use this era to increase your daily repetition of these positive activities and develop new or even better routines than you may have adhered to prior to the emergence of the current COVID-19 pandemic. See also: [CDC, Coping with Stress During COVID-19](#)

In Idaho, COVID Help Now is a resource staffed by trained crisis counselors who will help callers assess their current situation and reaction and will provide coping mechanisms to reduce stress. COVID Help Now responders provide emotional support and aid for immediate crisis needs by connecting callers with resources in their own communities. The COVID Help Now Line is anonymous. Responders do not classify, label, or diagnose people, and no case records are taken. www.ioem.idaho.gov/covidhelpnow.

- **Stay connected:** Talking with loved ones while in isolation can help reduce the anxiety and instances of feeling down. Take time to utilize the multitudes of technologies and apps (many are free) that can help you stay in touch with those you love. Our busy lives before the COVID-19 may have limited how often we connected with distant loved ones, now's the time to fully exploit these modern capabilities for fellowship, companionship, and camaraderie.

Adapted from:

<https://health.mil/News/Articles/2020/05/22/COVID-19-lifestyle-tips-to-stay-healthy-during-the-pandemic>



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For current COVID-19 information visit <https://phd3.idaho.gov/coronavirus/> The COVID-19 Hotline is available Monday-Friday 8:00 AM-5:00 PM (208) 455-5411

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