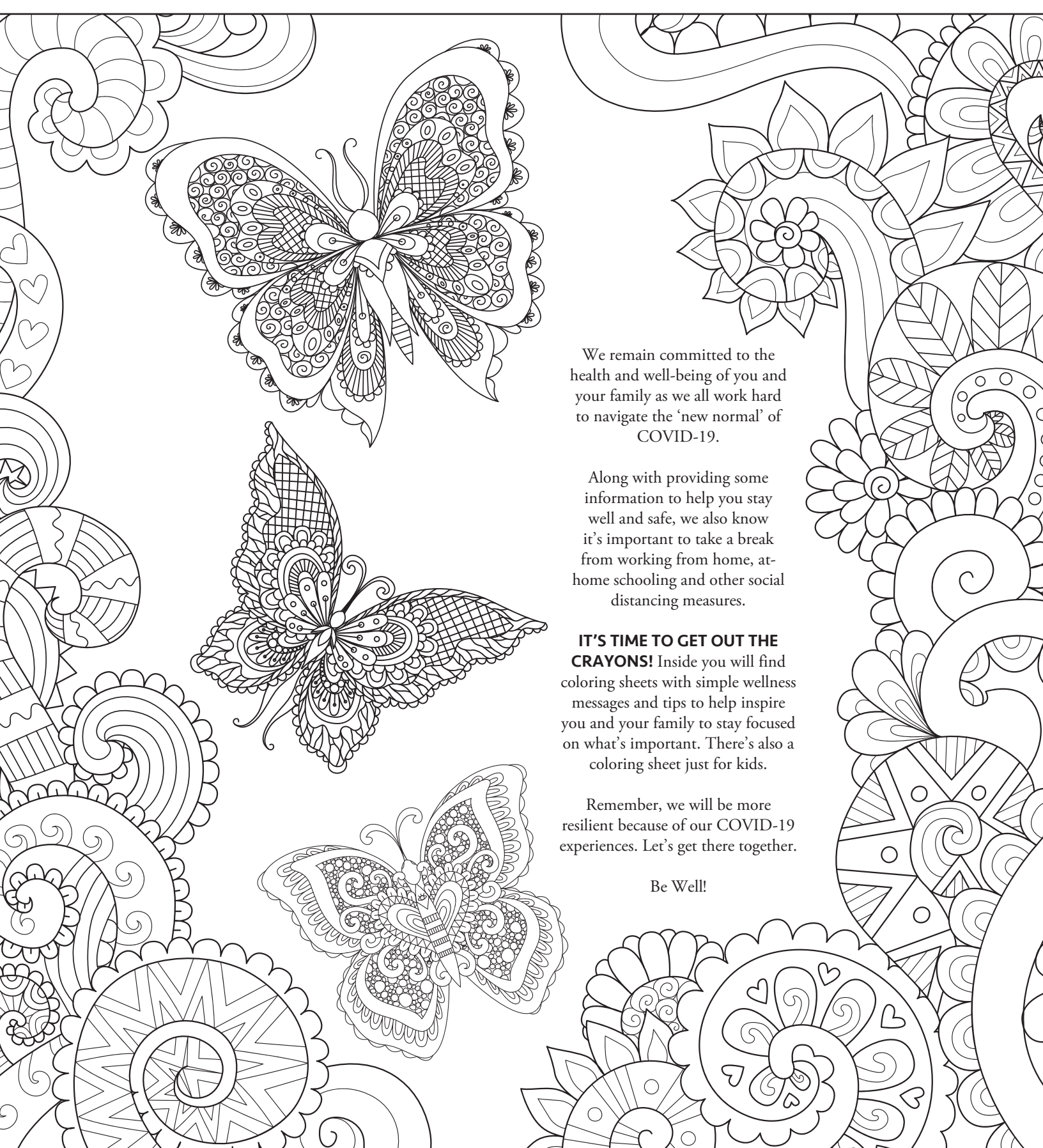


# HealthyLife<sup>®</sup>

## LETTER

# **SPECIAL**

## **EDITION 2**



We remain committed to the health and well-being of you and your family as we all work hard to navigate the 'new normal' of COVID-19.

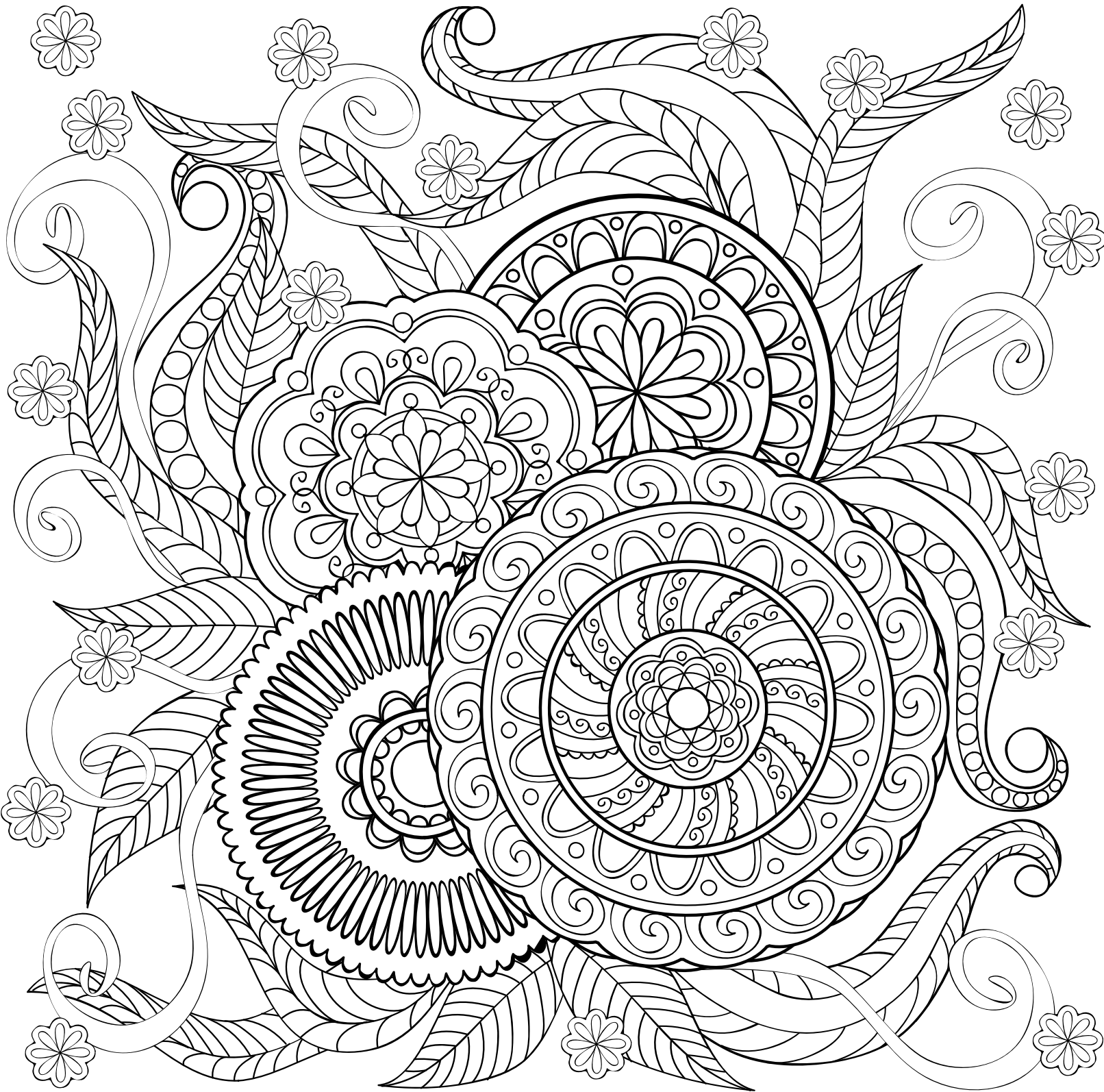
Along with providing some information to help you stay well and safe, we also know it's important to take a break from working from home, at-home schooling and other social distancing measures.

**IT'S TIME TO GET OUT THE CRAYONS!** Inside you will find coloring sheets with simple wellness messages and tips to help inspire you and your family to stay focused on what's important. There's also a coloring sheet just for kids.

Remember, we will be more resilient because of our COVID-19 experiences. Let's get there together.

Be Well!

# GRATITUDE



**What are two things you are grateful for today?**

# POSITIVITY



Smile at everyone you see today.



# NOURISH



**Make some healthy homemade food today.**

# GET MOVING



**Dance to your favorite song today.**

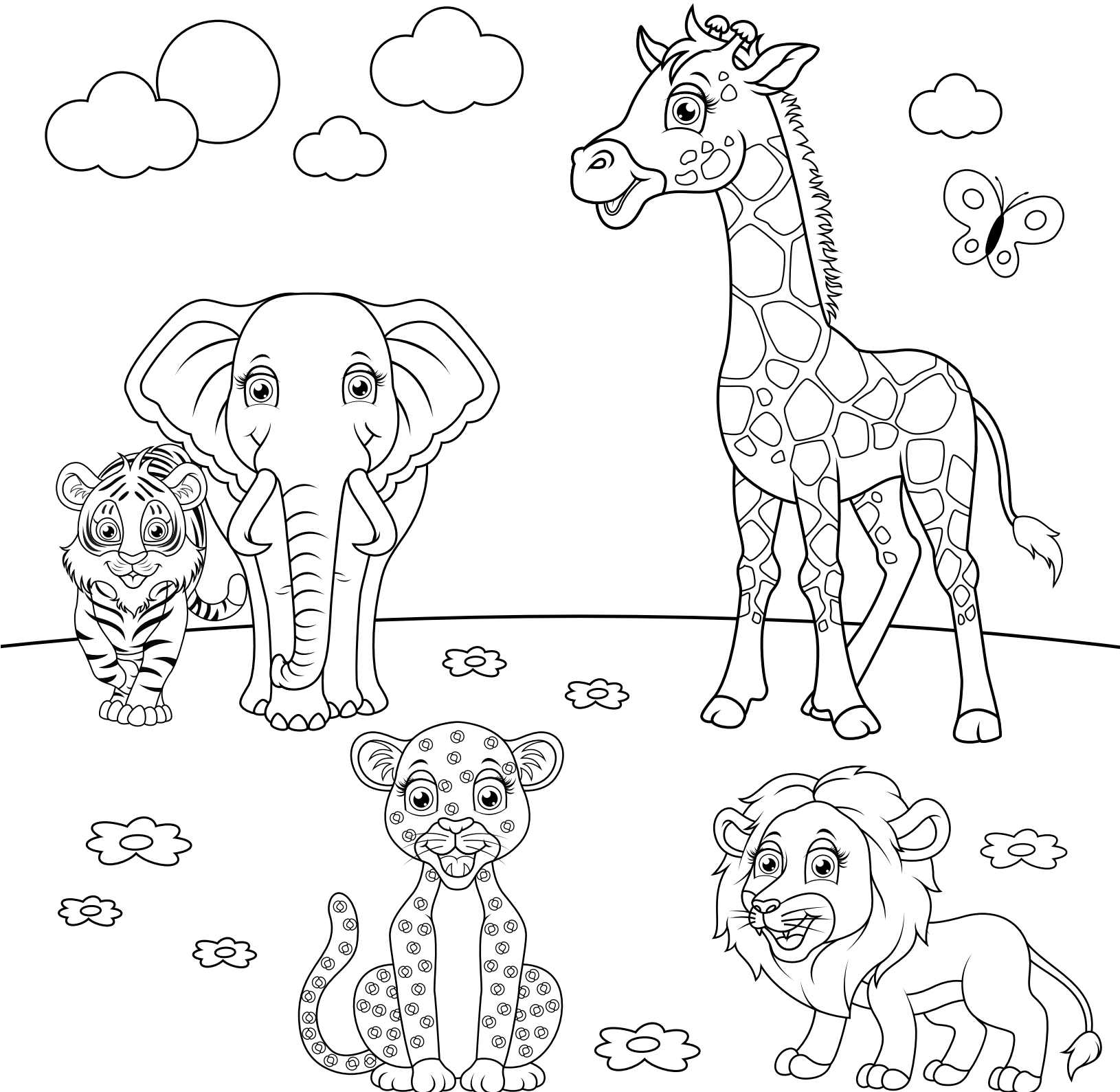
# SWEET DREAMS



**Wind down one hour before bedtime to prepare for restful sleep.**

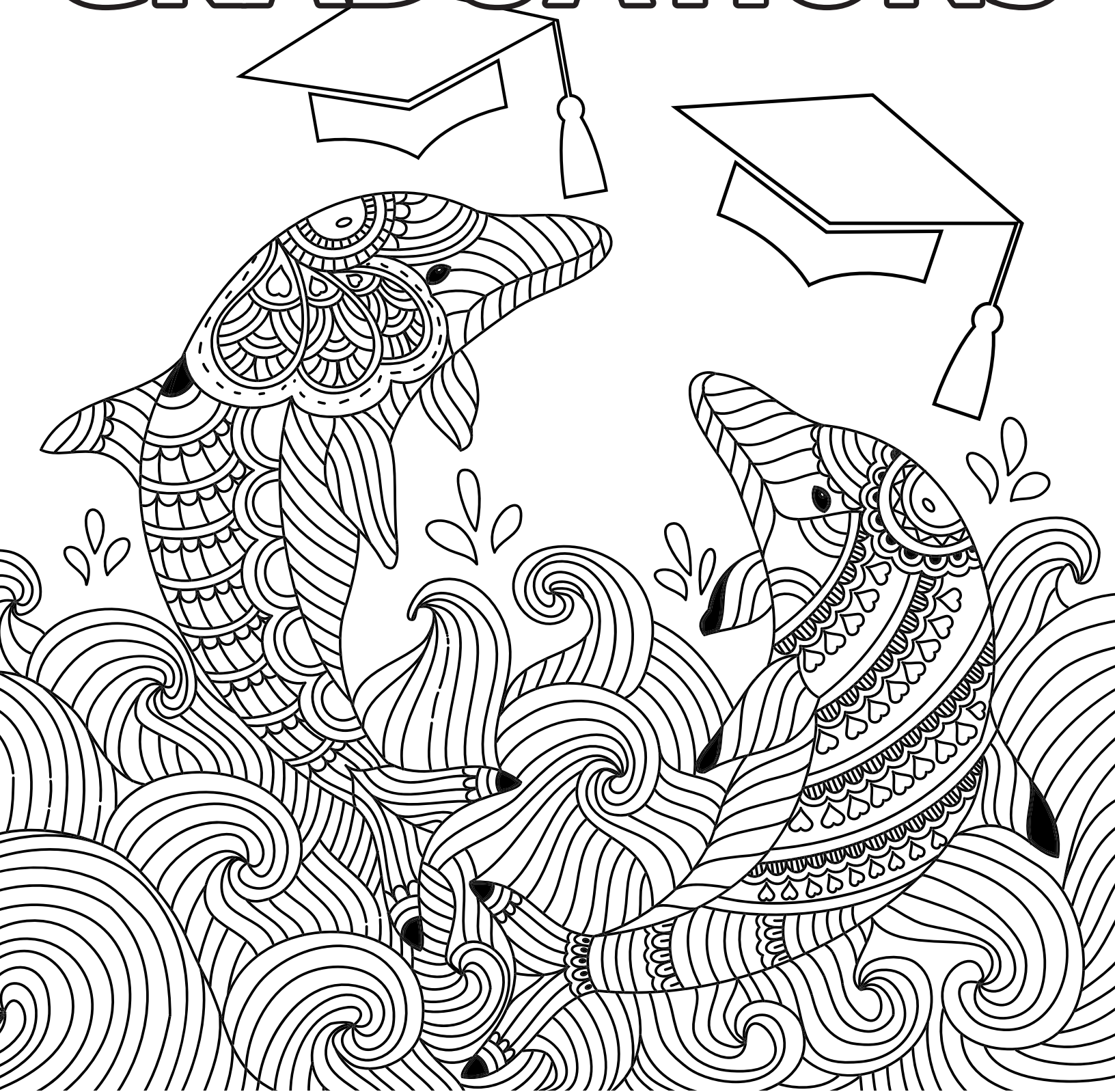


# KID'S CORNER



**What sound does your favorite animal make?**

# CELEBRATE GRADUATIONS



**Get creative for celebrating missed graduations while social distancing.**



# CORONAVIRUS DISEASE 2019

## (COVID-19)



### Protecting Older Adults

Are you aware that older adults and people who have serious underlying medical conditions like chronic lung disease, serious heart conditions, and diabetes are at higher risk for severe illness from COVID-19? If your parent or another relative is an older adult or has a serious underlying medical condition, they should be aware of preparations to take:

- Stay home if possible.
- Avoid close contact with people who are sick.
- Take everyday preventive actions: wash hands often and avoid touching face, nose, and eyes.
- Have over-the-counter medicines, medical supplies (like tissues), and extra necessary prescriptions.
- Have extra household items and groceries on hand.
- Make a plan for what to do if they get sick.
- Routinely clean and disinfect surfaces and objects that are touched often.
- Consult with their healthcare provider if they have symptoms of COVID-19.

# CORONAVIRUS DISEASE 2019 (COVID-19)



**CDC.gov/COVID19**

NCIRD-J02 03/20

## Stress

Everyone reacts differently to stressful situations like COVID-19. You may feel anxious, mad, sad, or overwhelmed. Find ways to reduce your stress to help yourself and the people you care about.

- Learn the common signs of stress.
- Make time to unwind and do activities you enjoy.
- Talk with family and friends by phone, text, or email.
- If you or a loved one is feeling overwhelmed, get support 24/7 by calling 1-800-985-5990 or text TalkWithUs to 66746.

Learn more about stress and coping during the COVID-19 outbreak: [www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety)



# CORONAVIRUS DISEASE 2019 (COVID-19)



## Cloth Face Covering

Your cloth face covering should:

- Reach above the nose, below the chin, and completely cover the mouth and nostrils
- Fit snugly against the sides of the face
- Be made of multiple layers of fabric that you can still breathe through
- Be able to be laundered and machine dried without damaging the material or shape

Do not buy surgical masks to use as a face covering. Those are intended for healthcare workers and first responders. Many items you may already have in your home can be used to create face coverings.

Try creating a cloth face covering using bandanas, ski masks, washable napkins, or dish towels.

For simple instructions on how to make your own face covering visit [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings).



# Cloth Face Covering Do's & Don'ts:

## DO:



- ✓ Make sure you can breathe through it
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash after using

## DON'T:

- ✗ Use on children under age 2
- ✗ Use surgical masks or other personal protective equipment (PPE) intended for healthcare workers



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

## Cloth Face Covering Do's & Don'ts

Wearing a cloth face covering CORRECTLY can help prevent the spread of COVID-19 to others. When you go out on essential trips, follow these “do’s.” If you have a child, remember those under age 2 should not wear a face covering.

For information on #COVID19 and face coverings, visit [cdc.gov/coronavirus](https://cdc.gov/coronavirus).