HOW TO COPE DURING THE COVID-19 PANDEMIC

Maintaining good nutrition is key to staying healthy and regulating stress during this uncertain time. When you are staying at home, make sure you are eating a balanced diet, getting enough (but not too much!) sleep, drinking water and staying active!

- Choose raw fruits and vegetables as a healthy snack. Pair veggies with hummus or black bean dip for some protein.

- When cooking with canned vegetables or beans, be sure to rinse them in a strainer under cool, running water to cut down the salt by almost half. Choose fruit canned in its own juice or lite syrup for a lower sugar option.

- Make sure to drink 8 to 10 cups of water a day—try filling up a water bottle or gallon jug to drink throughout the day while at home.

Physical Activity

- Walks and jogs around the neighborhood are still permitted. When walking or jogging outside, be sure to stay 6 feet away from others.

- For rainy or cold days, try an indoor activity like Yoga or other activities like sit ups, push ups, or jumping jacks. Try weight lifting with items like canned goods or water jugs.

- Find online workouts that are suitable for you.

- The Special Olympics developed simple physical activity video tutorials that you can do from home: resources.specialolympics.org/health/fitness/fit-5-page

Running low on food?

- Visit the Harvesters website: www.harvesters.org/get-help or call us at 816-929-3220

- Call our SNAP hotline at 877-653-9522 to apply for food stamps

- Call 211 or visit the United Way website, updated daily: bit.ly/211kccovidresources

Aim to eat a well-balanced diet each day as often as possible

- 2 cups of fruit
- 2.5 cups of vegetables
- 6 ounces of grains—choose whole grains like brown rice and whole wheat pasta
- 5-8 ounces of protein—choose lean protein like fish, nuts and beans
How to Protect Yourself from COVID-19

- Wash your hands often with soap and water for 20 seconds.
- Avoid touching your eyes, mouth and nose.
- Physical Distancing—Stay home, and leave only to make necessary trips. When out on necessary trips, stand at least 6 feet away from others and wear a face mask.
- Visit the CDC’s website for tutorials on how to make homemade face masks.
- Cover coughs and sneezes with a tissue and immediately discard the tissue.
- If you are sick: Stay home, unless to seek medical care.
- While the virus is transmitted through droplets for person-to-person, the virus can last from hours to up to days on surfaces, so it is important to clean and disinfect frequently-touched surfaces daily.
- There is no evidence to suggest that the virus is transmitted through food or food packaging.
- If you think you might have contracted or been exposed to the virus, contact your health care provider.

Staying Connected & Maintaining Good Mental Health

- This is a great opportunity to catch up with family and friends by phone, email or social media!
- Read a book to the kids in your life via video chat.
- Host a virtual get-together.
- Take a break from your news consumption.
- Reach out to your local senior center, your local library or your place of worship to see how you can stay involved: many organizations and churches are continuing to provide services online.