

Road to **WELLfluent**TM

Embrace better health.

SAFETY AND HEALTH FOR THE SUMMER OF 2020'S "NEW NORMAL"

The summer season is officially underway and whether you spent the last couple of months hunkered down at home or you had to work away from home under coronavirus restrictions, chances are you'll be trying to begin socializing a bit more sometime soon. So how do you stay safe under the "new normal" and have fun too? Just make the following changes to your usual activities and stay well all summer long.

It's prudent to stick with social distancing, but if you want to plan a cookout with a few other like-minded people – those as cautious as you when it comes to avoiding virus transmission – here are some suggestions:

1. Keep it small. Experts say the number of people invited from one household isn't as important as the number of households invited because each household is considered a "quarantine unit." The more units you invite, the higher the chance of infection.
2. Stay outdoors. Being inside hikes the risk of infection in all cases.
3. Keep your distance. Consider giving each household separate dining space to keep people and their food apart. Position tables or other objects between guests to mark out safe distances.
4. BYOF. The safest option is to have guests bring their own drinks and food, except for items being grilled. Sharing food, especially finger foods like dips, invites shared germs as every hand going near a serving bowl can transfer the virus. Brief close-range contact is OK, but sustained contact, including with loud people who are more likely to spray viral droplets into the air, is risky.
5. Grill service. The heat from the grill will kill the virus, but to be extra cautious, serve meat right off the grill so there's no shared serving platter.
6. Use disposable. It's not the greenest option, but it's safer to use disposable cups, plates and cutlery.
7. Keep the garbage local. Put a garbage bin nearby and ask guests to throw away used items when they're done so you don't need to touch any.



8. Help for hands. Put together a basic hand-washing station with sanitizing wipes, hand sanitizer or soap and water. Outside, a faucet or hose is your water source with spray bottles, a bucket, soap and paper towels.
9. Stay masked. When not eating, everyone should wear masks. Have a few extra on hand if someone shows up without one.
10. Be bathroom-friendly. Make the path to the bathroom clear and ask guests to use paper towels to turn off faucets, flush the toilet and reopen the bathroom door.

It's as important as ever to wash your hands, wear a mask and don't touch your face. Those are still the basic ways to avoid COVID-19 infection.

Editor's note: Information on the COVID-19 crisis is constantly changing. For the latest numbers, keep checking the CDC's website. For the most up-to-date information visit www.AvMed.org/News/Coronavirus

Source: <https://healthnewshub.org/health-news-hub/top-news/10-tips-to-keep-your-summer-cookout-safe-during-covid-19/>

5 Ways to Manage Your Mental Health During COVID-19

In the midst of managing a situation like the COVID-19 outbreak, it's easy to feel overwhelmed and worried. Focusing on how to slow the spread of the virus is important for our physical health, however, identifying ways to manage our mental health is also crucial.

We may experience increased feelings of anxiety, powerlessness, impatience, irritability or frustration. We might also experience a sense of scarcity, or be concerned about increased stigmatization or xenophobia. We may feel uncertainty about the future or worry about isolation amidst rapidly changing schedules and social plans.

While feeling worried is normal and expected, there are many ways we can increase our resilience during this time:

1. Take breaks from the news.

After a certain point, it can be more upsetting than informational. Make sure the information you do get is from reputable and non-sensationalist sources. And evaluate how much is helpful for you to read in a day, and aim to stick to that limit. It can be upsetting to hear about the crisis and see images repeatedly.

Try to do some other activities you enjoy to return some normalcy back to your life as much as possible. Make time to unwind and remind yourself that these strong feelings will fade.

2. Take care of your body.

Take deep breaths. Stretch. Meditate. Try to eat relatively well balanced meals, move your body regularly, get plenty of sleep and highly limit alcohol and drugs. This will help boost your immunity — and your resilience.

3. Plan for coping with a potentially sudden drop in social contact (e.g., classes & events being cancelled.)

One of the most prominent ways individuals are asked to help mitigate the COVID-19 pandemic is to practice social distancing. That means remaining out of places where people meet or gather, and maintaining distance (approximately six feet or two meters) from others.

In times of crisis, many people seek connection and comfort from others, says Kelcey Stratton, Ph.D., program manager for resilience and well-being services at Michigan Medicine, who is also a clinical psychologist. "It is important to find creative ways to maintain those connections. We might also find some comfort by remembering that we are not alone, and that we are all in this together to protect the health and well-being of our communities."

Create new traditions for connecting regularly with friends, family and peers via messaging apps, etc. Check in with your people. Call a family member, friend or coworker. Send a text message, direct message or email. Use FaceTime or other video formats to communicate.



4. Create a new, adapted schedule taking cancellations into account.

Keep things as consistent as possible and focus on what you can control in terms of disease prevention and more broadly.

"Our control resides in taking reasonable precautions and avoiding unnecessary risks. To protect our emotional well-being, we can pay attention to reputable sources of information and adhere to the prevention guidelines of Michigan Medicine, the CDC and the World Health Organization," says Kirk Brower, M.D., chief wellness officer for Michigan Medicine.

5. Do a "worry drop."

Write out all of your fears in a journal until your anxiety has dropped by half. Make a daily list of what is going well, and remember the things that are going well. Despite the current situation, maybe you're able spend more time with your kids, or reading a book you've been meaning to get to or learning how to cook.

If you have a pre-existing mental health condition, these recommendations are especially important. If you have appointments with your therapist or doctor, keep them. If you aren't feeling well physically, ask if they have options for video appointments.

Source: <https://healthblog.uofmhealth.org/wellness-prevention/5-ways-to-manage-your-mental-health-during-covid-19>

CONSIDERATIONS FOR TRAVELERS- CORONAVIRUS IN THE US



COVID-19 cases and deaths have been reported in all 50 states, and the situation is constantly changing. Because travel increases your chances of getting infected and spreading COVID-19, staying home is the best way to protect yourself and others from getting sick.

If you are thinking about traveling away from your local community, ask:

- Is COVID-19 spreading where you're going?
- You can get infected while traveling.
- Is COVID-19 spreading in your community? Even if you don't have symptoms, you can spread COVID-19 to others while traveling.
- Will you or those you are traveling with be within 6 feet of others during or after your trip?
- Being within 6 feet of others increases your chances of getting infected and infecting others.
- Are you or those you are traveling with more likely to get very ill from COVID-19? Older adults and people of any age who have a serious underlying medical condition are at higher risk for severe illness from COVID-19.
- Do you live with someone who is more likely to get very ill from COVID-19? If you get infected while traveling you can spread COVID-19 to loved ones when you return, even if you don't have symptoms.
- Does the state or local government where you live or at your destination require you to stay home for 14 days after traveling? Some state and local governments may require people who have recently traveled to stay home for 14 days.

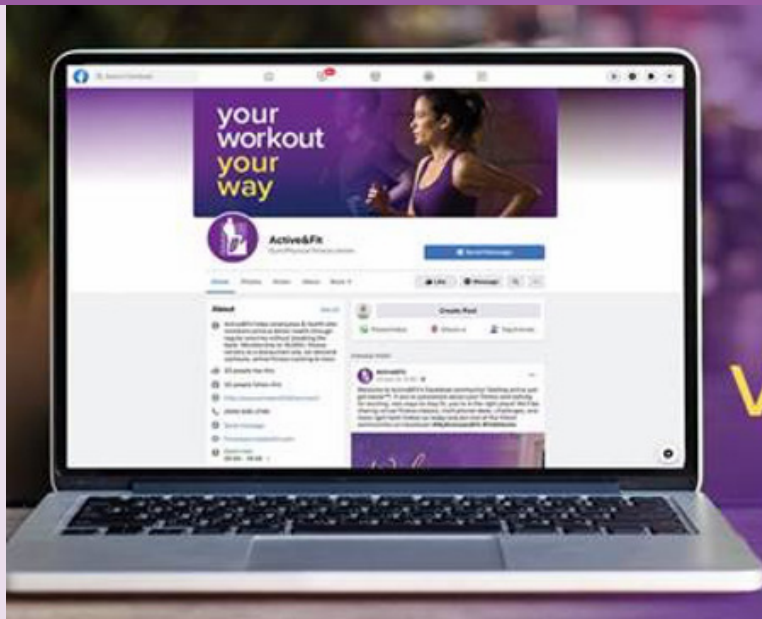
- If you get sick with COVID-19, will you have to miss work or school? People with COVID-19 disease need to stay home until they are no longer considered infectious.

Do not travel if you are sick, or if you have been around someone with COVID-19 in the past 14 days. Do not travel with someone who is sick.

If You Travel protect yourself and others during your trip:

- Clean your hands often.
- Wash your hands with soap and water for at least 20 seconds, especially after you have been in a public place, after touching surfaces frequently touched by others, after blowing your nose, coughing, or sneezing, and before touching your face or eating.
- If soap and water are not available, bring and use hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub your hands together until they feel dry.
- Avoid touching your eyes, nose, or mouth.
- Avoid close contact with others.
- Keep 6 feet of physical distance from others.
- Wear a cloth face covering in public.
- Cover coughs and sneezes.
- Pick up food at drive-through, curbside service, or stores.

For up-to-date information and travel guidance, check the state or local health department where you are, along your route, and at your planned destination or visit: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>



INTRODUCING VIRTUAL WORKOUTS FOR EVERYONE

Follow @MyActiveandFit on Facebook Live where we're hosting 30-minute virtual workouts every Monday-Friday at 3 pm. You can also watch them anytime on YouTube. https://www.youtube.com/channel/UCXxRHn1SAt4_CvLYoBu05uQ

These workouts are available to everyone at no cost, so your friends and family can follow and subscribe to @MyActiveandFit, too! You can get Fit at Home™ together—even though you may be apart.

Classes are led by a certified instructor and focus on a different type of exercise each day. All fitness levels are welcome!

- **Mondays: Upper Body Blast**

Exercises focused on your upper body. Dumbbells and resistance bands will be used. Home hacks for equipment provided.

- **Tuesdays: Yoga Flow**

Ignite your body, mind, and spirit. Focus will be on deep breathing and controlled yoga flows. A yoga mat is recommended.

- **Wednesdays: Lower Body Blast**

Workout focused on your lower body (including glutes). Dumbbells, resistance bands, and gliders will be used. Home hacks for equipment provided.

- **Thursdays: Yoga Core**

Ignite your body, mind, and spirit. Class will include deep breathing and controlled yoga flows with a focus on your core. A yoga mat is recommended.

- **Fridays: Fitness Mixer**

Your favorite exercises from the week will be remixed to end the week with a little fitness fun.

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