

# COVID-19 UPDATE

## STAYING WELL WHILE SHELTERING AT HOME: WHAT YOU NEED TO KNOW

Staying home to prevent the spread of COVID-19 is an important public health measure – but it can take a toll on your mental health. It's important to take care of your physical AND mental wellbeing during this uncertain time.

### TIPS FOR MAINTAINING YOUR WELLBEING:

- **Stay connected:** Phone and video calls are a great way to connect with friends and loved ones. Many board games, party games, and more are available online so you can play with family and friends without leaving your home!
- **Enjoy your hobbies – and pick up some new ones:** Now is a great time to learn how to knit, play the old guitar or piano you have at home, or download books to your e-reader. Get the whole household involved by starting a new puzzle, science project, or arts-and-crafts project together.
- **Explore without leaving home:** Many museums are offering virtual tours that our youngest and oldest residents can enjoy. Check out exhibits at museums all over the world, and explore zoos and aquariums with live camera footage.
- **Eat healthy:** Good nutrition is important and requires a good deal of planning when trips to the grocery store are less frequent. When you do go, make sure to stock up on sources of protein like meat (or plant-based protein) and vegetables, such as broccoli, spinach, and beans. Using fresh vegetables to prepare meals that freeze well, such as soups and casseroles, is a great way to maintain a healthy diet.
- **Get exercise:** Physical activity is a great way to stay fit, naturally boost immunity, and release endorphins to improve your mood. Alameda County residents can exercise outside if mindful of the need to maintain 6 feet of physical distance – this includes going on a daily walk or run. There are also hundreds of exercise videos and classes available online for free.
- **Unplug whenever possible:** Make sure you have the facts and timely recommendations available to you to keep yourself and loved ones safe during the Coronavirus crisis. But also remember to make sure you make space for quiet time, relaxation, meditation, or other activities when you can. Too much unfiltered information can lead to 'information overload' and internalized distress.
- **Create routines:** In times of uncertainty, sticking to routines is an important way to maintain a sense of normalcy.

### STAY INFORMED

**If you want to learn more about COVID-19 and sheltering at home in Alameda County, call 2-1-1 for help or visit [acphd.org](http://www.acphd.org).**

**Check and subscribe to Public Health's website and social media pages:**

**Website:** <http://www.acphd.org>

**Twitter:** @Dare2BWell

