

Avoid Spreading Germs in the Workplace

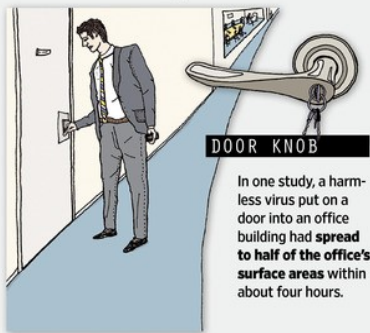
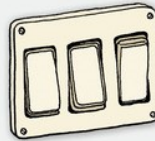
DESKTOP

A workspace with **plastic and Formica surfaces** and a grooved keyboard offers a relatively hospitable environment for germs.



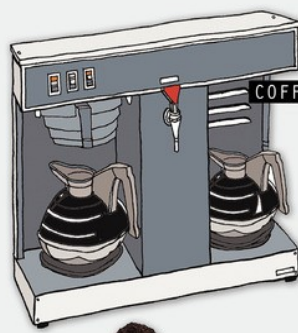
LIGHT SWITCH

Most common respiratory viruses can survive on a surface for a maximum of **two to four days**.



DOOR KNOB

In one study, a harmless virus put on a door into an office building had **spread to half of the office's surface areas** within about four hours.



COFFEE STATION

Researchers infected one person in an 80-person office with a harmless virus. **Coffee pot handles** were some of the first places the virus spread.



WATER FOUNTAIN

Water fountains can be **breeding grounds for pathogens**. While some pathogens, like MRSA, survive in dry conditions, most prefer moist environments.



TOUCHING FACE

The average adult brings fingers to the nose, mouth or eyes about **16 times an hour**.

Protect yourself from all infectious diseases by using these precautions.



Stay home when you are sick



Avoid contact with people who are sick



Get adequate sleep and eat well-balanced meals



Wash hands often with soap and water – 20 seconds or longer



Dry hands with a clean towel or air dry your hands



Avoid touching your eyes, nose, or mouth with unwashed hands or after touching surfaces



Cover your mouth with a tissue or sleeve when coughing or sneezing



Clean and disinfect "high touch" surfaces often



Call before visiting your doctor

Grocery Store Etiquette 101



✓ Keep a 6-foot distance from shoppers and grocery store staff

✓ Stay home if you are sick; call friends or family willing to do your grocery shopping

✓ Use curb-side pickup or grocery delivery services



✓ If available, use sanitizing wipes to wipe down carts and shopping baskets



✓ Wash your hands with soap and warm water for 20 seconds as soon as arriving home



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How to Stay Healthy during the COVID-19 Lockdown

At unsettling times like the coronavirus outbreak, it might feel like things are very much out of your control. Most routines have been thrown into disarray. But there are still lots of things you can do aside from social distancing and washing your hands with soap in order to protect your health and wellbeing.



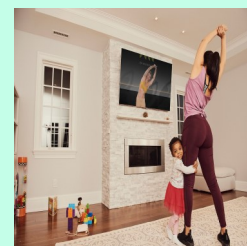
Eating as healthy is important not only for our physical health, but our psychological well-being, too. A healthy diet has been shown to reduce our risk of chronic illnesses such as cardiovascular disease, diabetes and obesity, as well as depression and anxiety. You don't have to follow a particular diet, just avoid processed foods as they tend to be high in sugar. Complex carbohydrates, found in fruit, vegetables and whole grains, provide important nourishment for our brains as they slowly release energy, which also stabilizes our moods. A balanced diet ideally includes a variety of foods high in vitamins A, B, C, D and E, as well as the minerals iron, zinc and selenium.



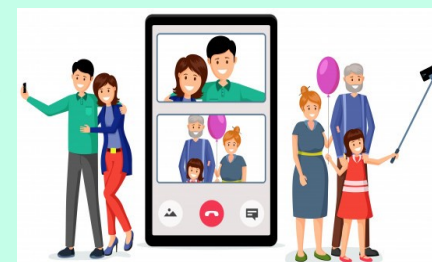
Sleep is essential for our bodies to repair cells, clear toxins, consolidate our memories and process information. Just like our schedules for eating, working and exercising, it's important to sustain a regular sleep routine. Going to bed and waking up at a similar time each day can help maintain a sense of normality, and help you follow through with plans. If you're finding it difficult to get to sleep because you're lying awake worrying, try to limit your consumption of the news before bed. It can also be helpful to reduce your exposure to screens in the evening, as the effect of the blue light on our retinas can disrupt our sleep quality.



Fitness experts say it is still important to get the recommended amount of exercise, even if that means getting a little creative and using non-traditional tools to achieve fitness goals. Pushups on your counters, carrying sacks of potatoes while walking through your residence and even doing squats with your laundry detergent containers are great economical options for making the most of your home time. You can navigate apps and the internet where there are so many free exercise workouts available.

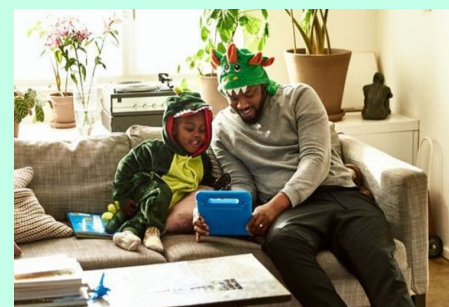


Now more than ever, we need our friends. Evidence shows that social connectedness is as important for our health as diet, movement and sleep. No, you can't have a dinner party or a picnic in lockdown in person, but not all social interactions have to be face-to-face to be meaningful. Try recreating them through video calls and organize a virtual dinner via safe video apps. You can even take a friend on a virtual walk or do a housebound activity together, like craft or drawing. It is normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Contact your friends and family.



Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak. If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Sources: World Health Organization and Get Healthy




**STAY HOME
STAY HEALTHY
STAY CONNECTED**

APRIL IS DISTRACTED DRIVING

— AWARENESS MONTH —

Anything that takes your attention away from driving can cause an accident.



Texting



Using a cell phone



Watching videos



Reading



Grooming & makeup

3,477

people were killed in motor vehicle crashes involving distracted drivers in 2015.

Distracted driving is deadly.

es. This is a decrease of less than 1% from 3,477 deaths in 2015. About 391,000 additional people were injured in distraction-affected crashes in 2015, down from 431,000 in 2014. According to the state department of Highway Safety and Motor Vehicles, there were almost 50,000 crashes involving distracted driving in Florida, in 2016, which is more than five crashes every hour.

Source: National Highway Traffic Safety Administration, Florida Department of Transportation, and Sun Sentinel



April is Alcohol Awareness Month



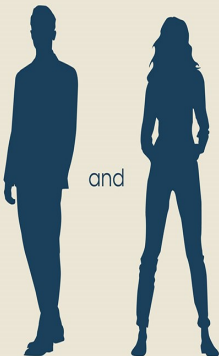
According to the National Institute on Alcohol Abuse and Alcoholism, an estimated **88,000 people die from alcohol-related causes annually**

In 2010, alcohol misuse cost the United States

\$249.0 billion



Approximately



and

62,000 men

26,000 women

die from alcohol-related causes annually

Alcohol is the third leading preventable cause of death in the U.S.

The first is tobacco and the second is poor diet and physical inactivity.



Moderate alcohol consumption, according to the 2015–2020 Dietary Guidelines for Americans,



is up to **1 drink per day for women**



and up to **2 drinks per day for men**



In 2009, alcohol-related liver disease was the primary cause of **almost 1 in 3 liver transplants** in the United States



Drinking too much alcohol increases people's risk of injuries, violence, drowning, liver disease, and some types of cancer. Drinking too much can weaken your immune system, making your body a much easier target for disease. Chronic drinkers are more liable to contract diseases like pneumonia and tuberculosis than people who do not drink too much. Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation and swelling of the blood vessels in the pancreas that prevents proper digestion. Heavy drinking takes a toll on the liver, and can lead to a variety of problems and liver inflammations.

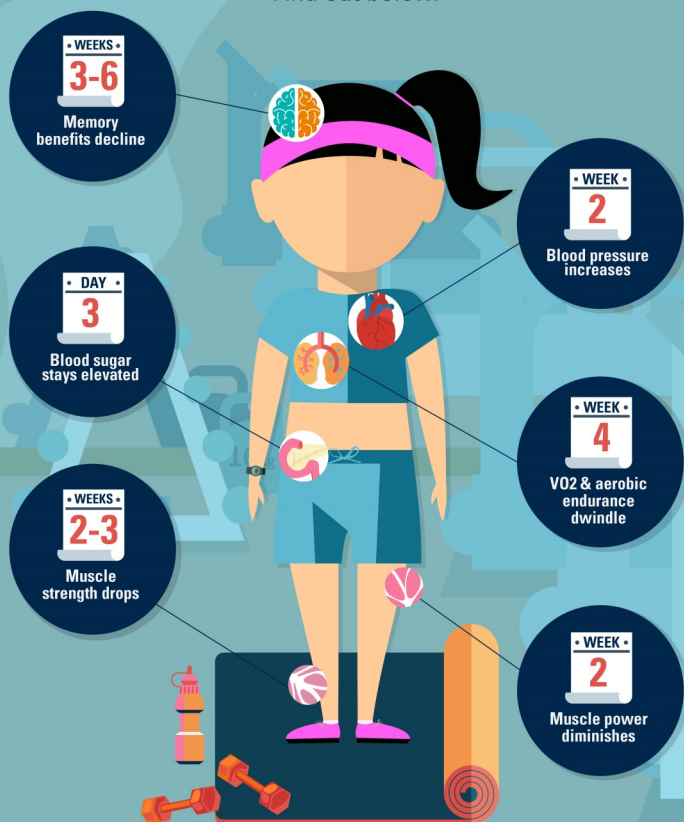
We can all take steps to help prevent alcohol misuse or abuse:

- Encourage friends or family members to make small changes, like keeping track of their drinking and setting drinking limits.
- Limit your drinking to no more than 1 drink a day for women or 2 drinks a day for men.
- Keep track of how much you drink.
- Choose a day each week when you will not drink.
- Don't drink when you are upset.
- Limit the amount of alcohol you keep at home.
- Avoid places where people drink a lot.
- Make a list of reasons not to drink.

Source: U.S. Department of Health and Human Services and National Institutes of Health

What Happens to Your Body When You Stop Exercising?

How many days away from the gym does it take to lose your strength, running fitness and more? Find out below.



Miss a workout? No big deal. But two weeks away from the gym can mean declines in strength, stamina and health. Even for the fittest among us, a few weeks away from training can result in rapid declines in strength, aerobic capacity and the biomarkers, such as blood pressure, that indicate a healthy body.

Strength preservation and daily physical activity in adolescence, midlife and older adulthood are powerful protective factors for maintaining cardiovascular health and functional mobility, reducing injury and extending life expectancy.

Go gym-free. Resistance exercise can take place without access to a gym. Simply use your body weight for moves such as body weight squats, push-ups, planks, pull-ups (or inverted rows), lunges, stair climbing or even playing on a jungle gym.

Get outdoors. Regular participation in exercise and recreation outdoors can reduce stress and depressive symptoms, improve mood and enhance cognitive health.

When it comes to exercise, consistency is key!

Source: Michigan Health

Please consult your healthcare provider before starting on any diet or exercise program.

May Is
Stroke
Awareness
Month

ACT

F | A | S | T
Call 911

Stroke is the fifth leading cause of death in America and a leading cause of adult disability. Yet, research shows that too few people know what a stroke is and how to recognize when stroke is happening. A stroke happens when blood flow to an area of the brain is cut off. Brain cells are deprived of oxygen and begin to die. A stroke can cause you to permanently lose speech, movement and memory. Each year about 185,000 people die from a stroke. Up to 80 percent of strokes can be prevented. Stroke can happen to anyone, at any time and any age. Minorities have higher stroke risks, stroke occurrence at an earlier age, and for some more severe strokes. Although certain risk factors for stroke, such as genetics or family history cannot be controlled, others such as high blood pressure or diabetes can go unrecognized. Knowing your risk factors for stroke and controlling them is the first step in preventing a stroke.

Arming yourself with information about stroke prevention is the first step in saving your life and the life of your loved ones.

Source: National Stroke Association

STROKE

There's treatment if you act **FAST**

F
ace

Face Look Uneven

Ask the person to smile.
Does one side of the face drop?



A
rm

One Arm Hanging Down

Ask the person to raise both arms.
Does one side drift downward?



S
peech

Slurred Speech

Ask the person to repeat
a simple phrase.
Is the speech slurred
or strange?



T
ime

If you observe any of the signs,
**Call Emergency Assistant
Immediately!**





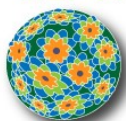
May is Hepatitis Awareness Month. Hepatitis means inflammation of the liver. The liver is a vital organ that processes nutrients, filters the blood, and fights infections. When the liver is inflamed or damaged, its function can be affected. Heavy alcohol use, toxins, some medications, and certain medical conditions can cause hepatitis. However, hepatitis is often caused by a virus. In the United States, the most common types of viral hepatitis are hepatitis A, hepatitis B, and hepatitis C. While each can produce similar symptoms, each hepatitis virus has different routes of transmission and has different populations that are commonly affected.

Hepatitis A is easily prevented with a safe and effective vaccine, which is recommended for all children at one year of age and for adults who may be at risk, including travelers to certain international countries. Hepatitis B is also preventable with a vaccine. The hepatitis B virus can be passed from an infected woman to her baby at birth. National guidelines call for universal screening of all pregnant women for Hepatitis B, immunoprophylaxis of infants born to infected mothers within 12 hours of birth, and routine vaccination of all infants with the 1st dose given within 24 hours of birth. The Centers for Disease Control and Prevention (CDC) recommends anyone born from 1945-1965, as well as anyone else at risk, get tested for hepatitis C. There is currently no vaccine to prevent hepatitis C. Fortunately, new treatments offer a cure for most people.

Source: Centers for Disease Control and Prevention (CDC)

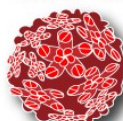
FAST FACTS

HEP A



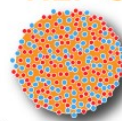
May not have symptoms/
symptoms appear quickly
Passed on from small
amounts of stool on food,
objects, drinks, casual
contact
Vaccine preventable
Curable

HEP B



Usually no symptoms
Passed via body fluids such
as blood or semen
Vaccine preventable
Can become chronic
Treatable but no cure exists

HEP C



Usually no symptoms
Passed via body fluids such
as blood or semen
No vaccine
Usually becomes chronic
Curable



The information contained in this newsletter should not be construed as medical advice. Please see your health care provider.

May is Healthy Vision Month

Our eyes are our windows to the world. Learn how you should protect them.

When it comes to our health, we visit our doctor or nurse regularly to make sure our bodies are healthy, but what about our eyes? They're not always a priority, but they're just as important. During Healthy Vision Month, held each May, the National Eye Institute (NEI) encourages Americans to make their eye health a priority and educates them about the ways they can protect their vision:



Get a Comprehensive Dilated Eye Exam

It's the only way to catch eye diseases early, because with many, there are no early symptoms. Just a few drops could save your vision and your overall health.



Live a Healthy Lifestyle

Maintain a healthy weight and eat foods like fish and green leafy vegetables to lower your risk of eye disease. And don't smoke, it's as bad for your eyes as it is the rest of your body.



Know Your Family History

We get our eye color from our parents, but did you know eye health is hereditary, too? Genes are a factor in eye diseases, including those diseases that are the leading causes of blindness.



Use Protective Eyewear

Protective eyewear lenses are made of polycarbonate, which is ten times stronger than plastic. Whether it's safety glasses or goggles, keep your eyes protected when playing sports or doing recreational activities.



Wear Sunglasses

The sun's rays can cause eye diseases, too. Choose sunglasses that block at least 99 percent of both UV-A and UV-B radiation.



For more information, please visit www.nei.nih.gov/hvm.





EAT THIS		NOT THAT		WHY?
Low-fat Greek frozen yogurt		Gourmet ice cream		It's half the calories and higher in protein
Pretzel thins		Sourdough pretzels		You get around 11 pretzels instead of one for the same calories and carbs
Chocolate rice cake		Chocolate candy bar		Satisfy your sweet tooth without all the fat
Cauliflower "popcorn"		Buttered popcorn		This twist on popcorn sneaks in a veggie serving and gives you 75 percent of your daily vitamin C
Veggies with hummus		Potato chips with onion dip		It packs a lot of fiber and nutrients instead of sodium
Low-fat string cheese		Cheese-flavored crackers		It's portable and rich in sugar-steadying protein

Please consult your healthcare provider before starting on any diet or exercise program.

COVID-19: IMMUNE SYSTEM BOOSTERS



Zinc

Lean meats, seafood, milk, whole grains, beans, seeds, and nuts • **Important for wound healing**



Vitamin C

Broccoli, cantaloupe, kale, oranges, strawberries, tomatoes, guava, and lychee • **Protect cells from oxidative stress, a product of infection or chronic inflammation**



Iron

Lentils, spinach, tofu, and white beans • **Aids in non-specific immunity, the body's first line of defense**



Vitamin E

Nuts, seeds, wheat germ, green leafy vegetables, avocado, and shrimp • **Helps protect cells from oxidative stress**



Vitamin A

Sweet potatoes, carrots, red bell pepper, spinach, black-eye peas, and mango • **Helps regulate our immune response**

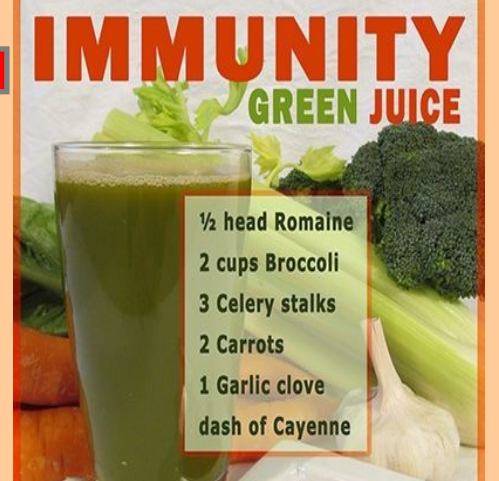


Vitamin B6

Green vegetables, chickpeas, cold-water fish such as tuna or salmon • **Supports more efficient reactions between different parts of our immune system**



Juice Recipe To Boost Your Immune System



HEALTHY EATS

Spring Vegetable Broth with Shredded Chicken

Broth isn't just for winter. Try this spring version with plenty of greens and meaty chicken breast. Top with crunchy Parmesan toasts for added crunch. Give your immune system a helping hand with this immunity-boosting recipe that is packed with vitamins and minerals to help you stay healthy.

Ingredients

- 1 tbsp olive oil
- 1 large chicken breast, skin on
- 500ml chicken stock
- 1 slice sourdough bread, cut into cubes
- 2 tbsp grated parmesan
- 2 large handfuls spring greens, finely sliced
- 4 asparagus spears, trimmed, halved and cut into chunky pieces
- 40g fresh or frozen peas
- 400g can borlotti beans, drained and rinsed



Preparation: 10 minutes **Ready In:** 10 minutes

Heat oven to 430 degrees (350 degrees if using a gas oven). Heat 1 tsp of the oil in a pan, brown the chicken, then remove. Bring the stock to the boil in the same pan, add the chicken and cook for 5 mins. Turn off the heat, cover with a lid and leave to stand for 30 mins.

Put the bread cubes on a baking tray. Drizzle with the remaining oil, some salt and the Parmesan. Bake for 6 mins until crunchy and golden. Remove and scrape off the tray onto a plate.

Remove the chicken from the pan and slice it. Bring the stock to the boil again and add the greens, asparagus and peas. Cook for 1 min, then add the beans and chicken. Heat everything through, then pour into bowls and top with the Parmesan toast to serve.



Shrimp is extremely low in fat and contains the antioxidant selenium. This mineral needed in small amounts and works to support a healthy immune system.

Shrimp Stir-Fry

Ingredients

- 1 tablespoon butter
- 1 tablespoon olive oil
- 2 pounds jumbo shrimp, peeled and deveined, tails on
- 4 cloves garlic, minced
- 2 large zucchini, diced
- 2 large ears of corn, kernels removed
- 3/4 cup red grape tomatoes, sliced in half lengthwise
- 3/4 cup yellow grape tomatoes, sliced in half lengthwise
- Salt and freshly ground black pepper
- 12 to 18 fresh basil leaves, cut in chiffonade
- Parmesan shavings
- Juice of 1 lemon
- Rice or pasta, for serving, optional

Preparation: 30 minutes **Servings:** 4

- Melt the butter with the olive oil in a large skillet over a medium-high heat. Add the shrimp and garlic, then sauté until the shrimp are opaque, about 3 minutes. Remove the shrimp to a plate.
- Increase the heat to high, then throw in the zucchini. Stir it around for about 45 seconds, then scoot the zucchini to the edges of the pan. Throw in the corn and cook it for a minute, then push it to the edges of the pan. Throw in the grape tomatoes, stir them around for a minute, then sprinkle on some salt and pepper to taste.
- Then throw the shrimp back in. Stir everything around for about 45 seconds, or until it's all combined and hot. Then pour it onto a big platter.
- Sprinkle on the fresh basil and some Parmesan shavings then squeeze the lemon all over the top. This adds a wonderful, indescribable freshness.
- You can serve this with rice, with pasta or it's just perfect on its own.

Source: Food Network

Mindfulness: Reducing Screen Time

It is easy to become overwhelmed when you are constantly plugged into the outside world. With emails, texts, Facebook messages, Instagram posts and the rest of the internet, there is always something new to check out. Unfortunately, smart phones, and the distractions that come with them, are here to stay. It is important to remember that ultimately, you control how much digital media you let in your life.

With a little effort and a lot of willpower, you can reduce your dependency on your phone. Here are a couple of techniques that can help:

- **Out of sight, Out of mind:** Working on a deadline or need to focus on a project? Silence your phone and keep it out of sight until you decide to take a break. If you're worried about something important, set an alarm and briefly check your phone for notifications every 30-45 minutes.
- **Set some rules and log off for real:** Unless you must be available for a specific emergency or important event, it is okay to step away from your phone and focus on the here and now, especially during family time. You can try eliminating screen time: 2 hours before bedtime; when spending time with family such as date night, and for specific blocks of time during the weekend.

Source: Inner Drive and Broward County Public School Wellness

6 Reasons to Put Your Phone Away

by @Inner_Drive
www.innerdrive.co.uk

Lowers Concentration

Having your phone out while doing homework or revision has been shown to reduce performance by 20%.

Increases FOMO

Fear of Missing Out (FOMO), or the compulsive need to know what others are doing leads to worse moods and increased anxiety.

Increases Stress and Anxiety

Over use of mobile phones leads to increased anxiety, feelings of loneliness and low self-esteem. Reliance on mobile phones can cause irritation, frustration and impatience.

Warps Your View of Reality

Nobody is as happy as they seem on Facebook or as wise as they appear on Twitter.

Reduces Memory

Instant messages are distracting, which often leads to forgetfulness

Makes You Sleep Worse

Prolonged use of a mobile phone leads to poor sleep quality and duration. The backlight on your phone delays the release of Melatonin, which is a hormone important for sleep.

5 COVID-19 PARENTING Keep Calm and Manage Stress

This is a stressful time. Take care of yourself, so you can support your children.

You are not alone

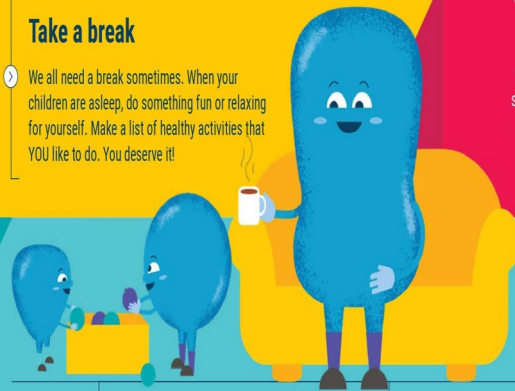
- Millions of people have the same fears as us. Find someone who you can talk to about how you are feeling. Listen to them. Avoid social media that makes you feel panicked.

Take a break

- We all need a break sometimes. When your children are asleep, do something fun or relaxing for yourself. Make a list of healthy activities that YOU like to do. You deserve it!

Listen to your kids

- Be open and listen to your children. Your children will look to you for support and reassurance. Listen to your children when they share how they are feeling. Accept how they feel and give them comfort.



Take a Pause

1-minute relaxation activity that you can do whenever you are feeling stressed or worried

- **Step 1: Set up**
 - Find a comfortable sitting position, your feet flat on the floor, your hands resting in your lap.
 - Close your eyes if you feel comfortable.
- **Step 2: Think, feel, body**
 - Ask yourself, "What am I thinking now?"
 - Notice your thoughts. Notice if they are negative or positive.
 - Notice how you feel emotionally. Notice if your feelings are happy or not.
 - Notice how your body feels. Notice anything that hurts or is tense.
- **Step 3: Focus on your breath**
 - Listen to your breath as it goes in and out.
 - You can put a hand on your stomach and feel it rise and fall with each breath.
 - You may want to say to yourself "It's okay. Whatever it is, I am okay."
 - Then just listen to your breath for a while.
- **Step 4: Coming back**
 - Notice how your whole body feels.
 - Listen to the sounds in the room.
- **Step 5: Reflecting**
 - Think 'do I feel different at all?'
 - When you are ready, open your eyes.

Taking a Pause can also be helpful when you find your child is irritating you or has done something wrong. It gives you a chance to be calmer. Even a few deep breaths or connecting with the feeling of the floor beneath can make a difference.

You can also Take a Pause with your children!

For more information click below links:

- Parenting tips from WHO
- Parenting tips from UNICEF
- In worldwide languages
- EVIDENCE-BASE

Thank You!



PUBLIC HEALTH Essentials!

Active Balance
Wellness
Exercise
Aware
Vitality
Mindfulness
Choices

STAY POSITIVE
STAY CALM
STAY STRONG

healthy for life

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