

Be Well Aware – Health Article



How to Keep Yourself Illness Free

With these stressful times of the pandemic, it is easy to forget about the other illnesses that can still occur. From common cold, to the flu, and even chronic health conditions. The popular prevention methods are washing hands, coughing and sneezing into your elbow, not sharing personal items, and staying home when you feel sick. Let's take a deeper dive into what you should do to keep yourself illness free.

Washing Hands

One of the most important ways to stay illness free is to wash your hands. Washing your hands frequently for at least 20 seconds with warm soapy water will help remove germs and viruses. If you do not have access to wash your hands, use an alcohol-based hand sanitizer with at least 60% alcohol. Remember, sanitizers do not get rid of all types of germs. It is best to wash your hands:

- Before eating
- After using the restroom
- After sneezing or blowing your nose
- After touching objects/surfaces near someone else that has been ill
- Before holding a baby
- Before and after changing bandages
- Whenever your hands look or feel dirty

Physical Activity

Physical activity has many health benefits including, but not limited to, blood pressure regulation, depression and anxiety management, and weight gain prevention. Physical activity can also reduce the risk of Cardiovascular disease, type 2 diabetes, and some cancers. Overall, achieving the American College of Sports Medicine and CDC physical activity recommendations weekly, will improve your quality of life and ability to do daily activities.

ACSM and CDC Recommendations



150 minutes
of moderate-intensity aerobic activity every week

2X per week
Muscle-strengthening activities on 2 or more days a week that work all major muscle groups



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Sleep Hygiene

According to the CDC, adults should get at least 7 hours of sleep daily. Poor sleep habits have been linked to the development and poor management of diabetes, heart disease, obesity and depression. Some tips to achieve a deep sleep is being consistent, figuring out your ideal sleeping environment, removing electronics, and being physically active throughout the day.

Eating Healthy

Eating healthily helps prevent, delay, and manage heart disease, type 2 diabetes, and other chronic diseases. A balanced diet of fruits, vegetables, whole grains, lean meats, and low-fat dairy products are important for all ages to stay healthy. Do not forget to prepare food with clean hands, utensils, and surfaces. Always clean your fruits and vegetables before cooking or consuming.

Supplements

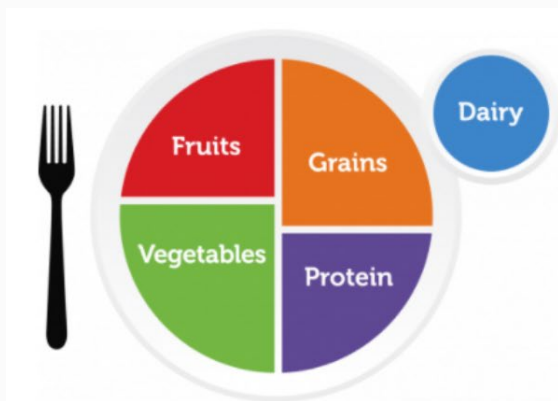
From vitamins A to zinc, individuals have been taking dietary supplements for decades. Supplements can range from liquids, powders, and

pills; an additive to one's diet to enhance their health. Some of the most popular are:

- Vitamin A – helps slow down vision loss from age related macular degeneration
- Calcium & Vitamin D – promote bone health and strengthen bones
- Fish Oil – supports heart health
- Vitamin C & E – supports growth, development, & repair of the body's tissues
- Vitamin B12 – helps keep blood cells and nerves healthy, makes DNA, and prevents anemia
- Zinc – promotes skin health

A common favorite to boost immune support is taking vitamin C supplements, such as Emergen-C, Airborne, or even vitamin c gummies (Yes, adults can enjoy gummy vitamins, too)!

If you're looking to add supplements to your diet, speak with your health care provider to see if it is right for you.



References:

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