



HOW TO STAY HEALTHY DURING COVID-19.

1

PHYSICALLY

Walk, run, or bike outside so long as you keep a safe distance from others. If you can't go outside, then try something like stretching or yoga.

2

PSYCHOLOGICALLY

Coordinate with your family on your protocol during an emergency. Keep important numbers on hand.

3

EMOTIONALLY

Check on family and friends. Be aware of your emotions, express your feelings in appropriate ways, and reach out to mental health professionals.

4

SUPERVISORS & MANAGERS

Check any staff members if they need support. Offer to assist where possible. Continue to recognize and highlight employees' exceptional efforts. Find ways to creatively maintain the team's social interactions and still have fun.

FOR MORE SAFETY TIPS VISIT

WWW.CDC.GOV