

Wellness InSTALLments

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This Month's Author: Ashley Parham

SPECIAL EDITION

Resources

For more info on handwashing and hand sanitizer, visit the CDC and WHO websites:

- ◆ https://www.who.int/gpsc/clean_hands_protection/en/
- ◆ <https://www.cdc.gov/handwashing/show-me-the-science-hand-sanitizer.html>

Visit the American Psychology Association for more tips on social distancing:

- ◆ <https://www.apa.org/practice/programs/dmhi/research-information/social-distancing>

Read this article for information on flattening the curve:

- ◆ <https://www.nbcnews.com/science/science-news/what-flatten-curve-chart-shows-how-critical-it-everyone-fight-n1155636>

Wellness Tip

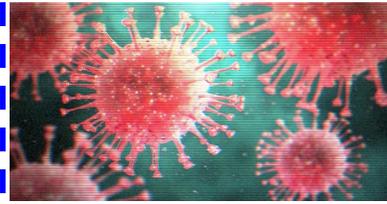
One of the best ways to stay healthy is to wash your hands often for 20 seconds with soap and warm water.

Question of the Month:

What is one way to stay sane during social distancing?

NEW! RSVP on the P&W Eagle Link page, getinvolved.fgcu.edu, with the correct answer. You will be entered into a drawing for **\$10 of Eagle Dollars!**

Coronavirus (COVID-19)

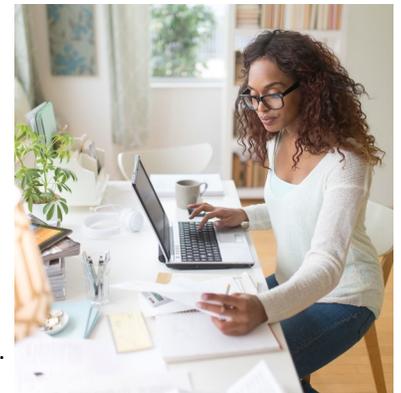


So what is the Coronavirus? There are many types of human coronaviruses including some that commonly cause mild upper-respiratory tract illnesses. COVID-19 is a disease, caused by a novel (or new) coronavirus that has not previously been seen in humans. In COVID-19, 'CO' stands for 'corona,' 'VI' for 'virus,' and 'D' for disease; it was first identified in 2019. It spreads through close contact such as shaking hands, touching common surfaces, and respiratory particles that spread from coughing or sneezing. Because of this, the CDC recommends maintaining 6 feet apart from others. Symptoms may become prevalent anytime between 2-14 days after coming in contact with the virus. These symptoms include fever, cough, and shortness of breath. If you do become sick, stay home, avoid all public places, cover your coughs and sneezes, wear a face mask, and wash your hands often.

Stay Sane: Tips on Social Distancing

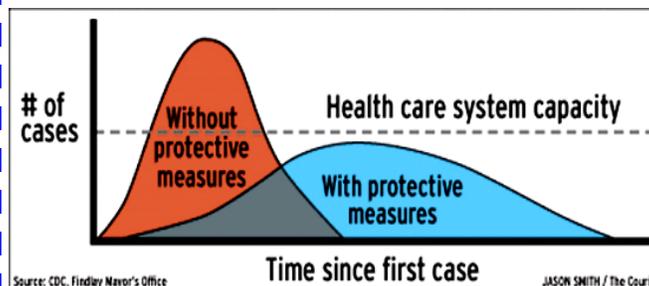
Working from home and being separated from others can be tough. Here are tips to stay sane:

1. Create a schedule for yourself and stick to it. Dedicate certain times of the day for work and self care.
2. Try not to obsess over the news. This can lead to unnecessary anxiety and panic. Get your news from reliable sources like the CDC or WHO, and trust that they will keep you updated.
3. Stay in touch with friends and family. Video chatting, phone calls, and social media can be great ways to avoid feeling isolated.
4. Maintaining a healthy lifestyle can be extremely helpful. Get enough sleep, eat healthy food, and try to exercise daily. Avoid the overuse of drugs or alcohol; this can be a stressful situation, but there are healthier ways to cope. Feel free to call our office at **239-590-7733** for resources.



Flattening the Curve

The phrase "flattening the curve" refers to a concept of slowing the spread of a virus, so the rate of infection does not outpace the resources to fight against it. The healthcare system only has a certain amount of supplies and personnel. If we do not implement protective measures, there will be a huge spike in cases. This would greatly overwhelm hospitals and doctors offices, causing a shortage of supplies for everyone. Social distancing and handwashing are key in



slowing the spread. Although it sounds strange, having a longer and slower outbreak is actually better than a fast and overwhelming spread. This allows everyone experiencing extreme reactions to get the proper care and medical attention they need.

