

COVID-19 Tips

Staying Happy & Healthy at Home



Stay informed with reliable sources such as [cdc.gov](https://www.cdc.gov).



Preserve daily routines as much as possible.



Take a break from social media and news. Don't overexpose yourself to too much information.



Maintain a healthy diet, engage in regular exercise, and get enough sleep.



Take advantage of the outdoors (your yard, your porch, brief walks) while still maintaining social distancing.



Connect with others through phone calls, texts, and virtual opportunities.

