SHOPPING DURING CORONAVIRUS

PREVENTION IS BETTER THAN TREATMENT

REMEMBER TO BRING:
- **FACE MASK**
  Some places will require you to wear one
- **PAPER BAG**
  To store your mask in if you need to remove it while you are out
- **DISINFECTANT SPRAY**

AVOID TOUCHING THINGS YOU DON'T HAVE TO

- Use self-checkout when possible
- Wipe down screens and touchpads
- Prepay or pay with a card
- Try not to handle cash
- Clean your cards with a wipe after use

ONLY GRAB THE ITEMS YOU NEED

- **HAND SANITIZER**

CLOTH MASKS AND THE CLOTHES YOU WORE OUT SHOULD BE WASHED

ITEMS YOU BRING INTO YOUR HOME SHOULD BE CLEANED AND SO SHOULD SURFACES THEY TOUCHED

WASH YOUR HANDS

LEAVE YOUR SHOES AT THE DOOR

AT YOUR CAR, WIPE DOWN DOOR HANDLES, STEERING WHEEL, YOUR KEYS & CARDS IN YOUR WALLET

YOU DON'T NEED TO WEAR A MASK OR GLOVES WHILE DRIVING

BACK AT YOUR CAR, WASH OR SANITIZE YOUR HANDS

SOCIAL DISTANCE

6 FEET

Lake Okeechobee Rural Health Network, Inc.

Palm Beach County Community Services

Helping People Build Better Communities

Palm Beach County Health Care District
LIFESTYLE HABITS IN THE ERA OF COVID-19... AND BEYOND

**DO**

**HAND HYGIENE**
Prevents the spread of coronavirus and other infectious diseases

- Wash your hands before taking medications
- During the coronavirus pandemic, remember to practice social distancing and have access to a face mask

**EXERCISE**
Regularly, it lowers stress and can help you maintain a healthy weight

- Exercise helps improve lung function
- Weak lungs have a harder time fighting off infectious lung diseases like COVID-19 and pneumonia

**GOOD NUTRITION**
Including lots of fruits and vegetables, is the fuel for a healthy body

- Get your zinc - a mineral that increases production of white blood cells and T-cells that help fight infection
- If you drink alcohol, drink only in moderation

**SLEEP**
Helps boost your immune system. Try hard to get enough.

- Nuts, seeds, beans and meats are high in zinc
- Cook meats thoroughly
- Try to eat foods without additives or preservatives

**DON’T**

- Don’t stop taking medications before talking to your doctor
- Don’t go out when you are sick
- Don’t smoke - it compromises lung health
- Don’t share cigarettes, cigars, vaping pens, drinks or utensils

⭐ Prevention is better than treatment

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HCSEF Health Council of Southeast Florida
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