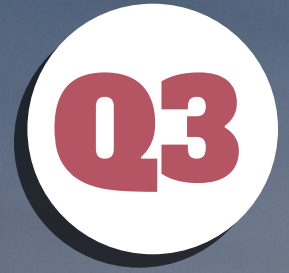


Live Well, Work Well



The Coronavirus and the New Normal

In the
News

NHO

Health and
Wellness

Recipes



In The News

Catch up on the latest developments of the biggest health care news that happened in the past three months.



The Coronavirus and the New Normal

Even as stay-at-home orders and restrictions are lifted, daily operations won't be business-as-usual for many across the country. The coronavirus (COVID-19) pandemic is still going on, despite businesses reopening. Public health officials warn that if precautions aren't taken, there is a risk of a second wave of COVID-19 cases. As such, many states, cities and businesses across the country have implemented precautions to keep everyone safe.

What does the new normal look like?

While this will vary depending on your location, common practices that remain in place include social distancing, cloth face covering requirements and limitations on the number of guests within a business.

- **Social distancing**—You've probably heard the term "social distancing" a lot in the past few months. Keeping your distance from others has been crucial to slowing the spread of the COVID-19 pandemic. It will also be a key component in staying healthy as things continue to reopen. To properly practice social distancing:
 - Stay at least 6 feet—which is about two arms' lengths—away from others.
 - Avoid gathering in groups, mass gatherings or large crowds whenever possible.
 - Wear a protective face mask or covering when out in public.
- **Cloth face covering requirements**—Some states, cities and businesses have rules in place requiring people to wear a cloth face mask when in public to help prevent the spread of the coronavirus. In addition, the Centers for Disease Control and Prevention (CDC) recommends wearing a face covering when social distancing is not possible. For more information on cloth face masks, click [here](#).

- **Limitations on number of guests**—Many states, cities and businesses have guidance in place to promote social distancing, including limiting the number of guests allowed within a building. Be sure to check local guidelines or business postings to be prepared for a potential wait to be allowed into the store.

What can you do to stay safe?

It's up to you to do your part to keep yourself and others safe during this pandemic. To do so, keep the following in mind:

- Stay home when you're sick.
- Wash your hands frequently with warm water and soap for at least 20 seconds.
- Avoid touching your eyes, nose and mouth.
- Practice social distancing.
- Wear a face covering when in public, especially when social distancing isn't possible.
- Follow guidance from federal, state and local health officials, as well as your doctor.

The COVID-19 pandemic has caused changes to daily life, and change will likely continue for the next few months. It's important to follow the guidance issued by federal, state and local officials, and practice good hygiene to stay safe during these uncertain times.



Fighting the Coronavirus “Infodemic”

In addition to fighting the health effects of the COVID-19 pandemic, public health experts are also fighting the effects of what they refer to as an infodemic. Defined as an outbreak of misinformation, doctors across the country are saying that this infodemic is making it harder to treat patients. Moreover, this misinformation can lead to a breakdown in the doctor-patient relationship, increase risk of infection or serious illness, or worsen the course of the COVID-19 pandemic.

When Information Becomes Misinformation

Even before the COVID-19 pandemic, doctors were fighting misinformation about health conditions, vaccines and treatments. However, pre-COVID-19, doctors say that these infodemics were targeted and more niche. Since the COVID-19 pandemic reared its head in the United States, doctors say that an infodemic focused solely on COVID-19 quickly began and spread. The misinformation being shared is widespread and includes at-home treatments for the coronavirus, claims over how the coronavirus is spread, and how to stay safe in public. .

How to Stay Safe and Sort Fact From Fiction

The COVID-19 pandemic is rapidly evolving, which leads to changing guidance and advice for staying safe. Despite this, it’s always best to weather the storm and follow guidance from the CDC and your local public health officials. In addition, the following tips will help you sort out fact from fiction:

- **Research the source**—It’s unfortunate, but true—some companies are trying to profit from fear and uncertainty during the pandemic, and some are spreading false information about the coronavirus in order to promote their product or service. Be sure to research the claims, studies and data brands are sharing to validate the information.
- **Review multiple sources**—If information being shared is true, there will be a host of other sources sharing the same information. If a piece of information is an extreme outlier, and other sources are not saying the same things, it’s probably not accurate.
- **Trust your gut**—If something seems or sounds too good to be true, it probably is.
- **Check reliable resources**—The CDC, local public health officials and your doctor are the most reliable sources to get your coronavirus-related questions answered. If you have personal questions about the coronavirus and your personal health, be sure to contact your doctor.



Chronic Conditions and the Coronavirus

If you're one of the 133 million Americans with a chronic condition, you've probably experienced disruptions to how you manage your condition due to the coronavirus pandemic.

Despite the challenges presented by the COVID-19 pandemic, managing your chronic condition shouldn't be put on the back burner.

Following the Doctor's Orders Has Never Been More Important

Patients who do not follow their doctors' orders, especially patients with chronic conditions, may experience health complications, rapid disease progression, decreased quality of life and even premature death.

Not following orders can include not filling a prescription, not taking medication as directed and not attending or scheduling a follow-up appointment. Fortunately, there are some simple ways you can manage your condition during quarantine:

- **Use telehealth services**—The CDC, local public health officials and your doctor are the most reliable sources to get your coronavirus-related questions answered. If you have personal questions about the coronavirus and your personal health, be sure to contact your doctor.
- **Don't forget to fill or take prescribed medication**—Keeping up with prescribed medications is essential for successfully managing a chronic condition. If you're unable to go or uncomfortable going into a pharmacy to fill or pick up a prescription, transfer your prescription to a pharmacy that has a drive-thru option. You may also be able to sign up for a mail-order pharmacy service to get your medicine delivered to your doorstep.
- **Lead a healthy lifestyle**—Combining a healthy lifestyle with your treatment may be able to help you better manage your condition. Some simple things you can do during the pandemic include eating a well-balanced diet, exercising, reducing stress, and avoiding tobacco and excessive alcohol consumption. personal health, be sure to contact your doctor.

Prioritize Your Health

Failing to keep up with your chronic condition treatment can put you at risk for long-term consequences. Using telemedicine, drive-thru and mail-order pharmacy services, and leading a healthy lifestyle throughout the pandemic can help you prioritize your health.





NHO

Learn more about national health observances (NHOs) from the past three months in this section.

April—National Distracted Driving Awareness Month

According to the CDC, nine people are killed and over 1,000 are injured every day in the United States because of distracted driving. Distracted driving is driving while doing another activity that takes your attention away from the road, and it can greatly increase the chance of a motor vehicle crash.

There are three main types of distractions:

- Visual: Taking your eyes off the road
- Manual: Taking your hands off the wheel
- Cognitive: Taking your mind off of driving

While there is little you can do to control other people's driving, there is plenty you can do to reduce your own distractions. Do not engage in any of the following while driving:

- Touching up makeup or hair
- Talking with other passengers to the extent that you aren't watching the road
- Smoking
- Adjusting the radio or other audio devices
- Allowing your dog to sit on your lap
- Eating





May—National Stroke Awareness Month

Every 40 seconds, someone in the United States has a stroke, making it the fourth leading cause of death for Americans. A stroke occurs when a blockage stops the flow of blood to the brain or when a blood vessel in or around the brain bursts. Strokes occur in people of all ages.

The sooner a stroke patient receives medical treatment, the better. Call 911 immediately if you notice any of the following symptoms:

- Numbness or weakness of the face, arm or leg
- Confusion, trouble speaking or difficulty understanding
- Trouble seeing in one or both eyes
- Severe headache with no known cause
- Trouble walking, dizziness, loss of balance or loss of coordination

You can prevent a stroke by exercising regularly, quitting smoking, maintaining a healthy weight, keeping your blood pressure under control, limiting alcohol intake and eating a low-sodium healthy diet.

June—Fireworks Safety Month

Fireworks are a staple at festivities for many Americans during the summer months. Unfortunately, many people do not realize just how dangerous fireworks and sparklers can be—which is a primary reason that injuries occur. Fireworks can not only injure the users, but can also cause harm to bystanders. All fireworks—including sparklers, bottle rockets and firecrackers—have the potential to cause burns, blindness and other injuries.

To ensure safety and avoid accidents when using fireworks, consider the following suggestions:

- Do not shoot fireworks off if you are under the influence of alcohol.
- Do not carry fireworks in your pocket or shoot them from metal or glass containers.
- Use fireworks and sparklers outdoors only.
- Always have a hose or water bucket handy.
- Keep spectators a safe distance away.
- Show children how to properly hold sparklers, how to stay far enough away from other children and what not to do.
- Never try to relight a firework that didn't properly ignite.
- Soak all firework debris in water before throwing it away.



Looking Ahead...

July

Cord Blood
Awareness Month

August

Psoriasis
Awareness Month

September

National Food Safety
Safety Month



Health and Wellness

Remain on top of the latest trends
in health and wellness with the three
articles in this section.



Cut Back on the Caffeine

Classified as a psychoactive drug, caffeine is a bitter substance found in coffee, tea, soft drinks, chocolate, some nuts and certain medicines. It has many effects on the body's metabolism, including stimulation of the central nervous system. It can make you feel more alert and give you a boost of energy.

For most people, the amount of caffeine they consume each day isn't harmful. However, too much of it can make you feel restless, anxious and irritable. It may also prevent a good night's sleep and cause headaches and abnormal heart rhythms. Furthermore, if heavy caffeine use stops, it can cause withdrawal symptoms. Certain circumstances call for reducing the amount of caffeine you consume, including the following:

- You consume unhealthy amounts of caffeine each day, more than 500 to 600 milligrams. This is about four cups of coffee.
- You experience caffeine sensitivity symptoms, including anxiety, fatigue and headaches.
- You're not sleeping well.

Caffeine can be habit-forming, so any attempts to stop or lessen the amount you consume can be challenging. It's important to know how much caffeine is in the foods and beverages you consume and to gradually reduce the amount of caffeine you take in. Try replacing caffeinated coffee, tea and soft drinks with their decaffeinated counterparts.



Simple Steps to Surviving the Summer Heat

Summer heat can be more than uncomfortable—it can be a threat to your health. Heat-related deaths and illnesses are preventable. Despite this fact, more than 600 people in the United States are killed by extreme heat every year, according to the CDC.

There are several heat-related illnesses, including heatstroke (the most severe), heat exhaustion and heat cramps. Those most at risk include:

- Infants and young children
- Elderly people
- Pets
- Individuals with heart or circulatory problems, or other long-term illnesses
- People who work outdoors
- Athletes and people who like to exercise—especially beginners

To avoid heat illnesses in summer temperatures, remember to drink lots of water—even if you are not thirsty. Additionally, wear light-colored, lightweight clothing made of natural fibers, and put on a well-ventilated hat. Lastly, avoid leaving air-conditioned areas in the middle of the day if you can. Instead, get things done outside in the early morning or evening when temperatures are cooler.

For more tips, click [here](#) to view the American Red Cross recommendations for summer safety.

The EWG Released Its “Dirty Dozen” and “Clean Fifteen” Lists for 2020

Every year, the Environmental Working Group (EWG) releases a Shopper’s Guide to Pesticides in Produce report that details which fruits and veggies are the least—and most—contaminated by pesticides. The guide is designed to help you make healthy and informed choices, and reduce your exposure to toxic pesticides.

Dirty Dozen

For the fifth year in a row, strawberries top the “Dirty Dozen” list of the most pesticide-tainted produce.

Here’s the complete Dirty Dozen:

1. Strawberries
2. Spinach
3. Kale
4. Nectarines
5. Apples
6. Grapes
7. Peaches
8. Cherries
9. Pears
10. Tomatoes
11. Celery
12. Potatoes

While pesticides boost crop yields, multiple studies have linked pesticides in produce to conditions like asthma, cancer, fertility issues and brain conditions. The Connecticut Agricultural Experiment Station recommends rinsing produce under water for 30 seconds to get rid of pesticide residues.



Clean Fifteen

Here’s the EWG’s list of the cleanest produce you can purchase:

1. Avocados
2. Sweet corn
3. Pineapples
4. Onions
5. Papayas
6. Sweet peas (frozen)
7. Eggplants
8. Asparagus
9. Cauliflower
10. Cantaloupes
11. Broccoli
12. Mushrooms
13. Cabbage
14. Honeydew
15. Kiwis

Regardless of which list your favorite produce may be on, you should always properly clean your fruits and vegetables before enjoying them. For instructions, click [here](#).



Recipes

Try out these two healthy recipes,
which are from the USDA.



Tomato and Garlic Omelet

Makes 1 serving

Ingredients

- ½ slice whole-wheat bread
- ½ tsp. olive oil
- 1 garlic clove (finely chopped)
- Cooking spray (as needed, nonstick)
- ¾ cup egg substitute
- 2 Tbsp. mozzarella cheese (part-skim, grated)
- 1 tomato (large, chopped)
- 1 tsp. basil (dried)

Nutritional information for 1 serving

Calories	225
Total fat	6 g
Saturated fat	2 g
Cholesterol	8 mg
Sodium	525 mg
Total carbohydrate	19 g
Dietary fiber	4 g
Total sugars	9 g
Added sugars included	1 g
Protein	26 g

Directions

1. Preheat oven to 300 F.
2. Cut the bread into cubes and toss with oil and garlic in a small bowl. Spread the cubes in a single layer on a baking sheet and toast in the oven for 15 to 25 minutes, or until golden brown, tossing once or twice. Transfer to a plate to cool.
3. Spray a medium pan with nonstick cooking spray and heat over medium-high heat. Pour in egg substitute.
4. When the egg begins to set, spread evenly across the bottom of the pan and reduce the heat to low.
5. Once the top layer of egg is almost cooked, sprinkle the cheese and basil on top and scatter the tomatoes and bread over half of the omelet. Fold the unfilled omelet half over the filling. Slide the omelet onto a plate and serve.

Zucchini Au Gratin

Makes 7 servings

Ingredients

- 4 cups zucchini (thinly sliced)
- ½ cup onion (sliced)
- 2 Tbsp. water
- 1 Tbsp. margarine
- Pepper (to taste)
- 3 Tbsp. Parmesan cheese (grated)

Nutritional information for 1 serving

Calories	38
Total fat	2 g
Saturated fat	1 g
Cholesterol	1 mg
Sodium	49 mg
Total carbohydrate	3 g
Dietary fiber	1 g
Total sugars	2 g
Added sugars included	0 g
Protein	2 g

Directions

1. Wash and slice vegetables. Place zucchini, onion, water, margarine and pepper in a frying pan. Cover and cook over medium heat for one minute.
2. Remove cover and cook until crisp-tender, about 10 minutes.
3. Turn with large spoon to cook evenly.
4. Sprinkle with cheese and toss lightly.
5. Serve at once.