

“I’m worried about getting sick since the pandemic. What can I do to stay healthy?”



Since the COVID-19 pandemic began, many people have become more aware of their surroundings and created new habits, or improved on existing habits to keep themselves from getting sick.

You may check for a mask before leaving the house. You might be more aware of how many people are around you or how close you are to people when out in public. You may wash and sanitize your hands more often after touching surfaces. These are all actions that not only lower your chances of getting sick from COVID-19, but also can prevent getting sick from flu and common cold viruses.

Below are things you can do to lower your risk of getting or spreading illnesses:

- Handle and prepare food safely.
- Wash hands often. Washing your hands for at least 20 seconds frequently throughout the day, or using hand sanitizer.
- Clean and disinfect commonly used surfaces like door handles, counters, and workspaces including phones, tablets and computers.
- Cough and sneeze into a tissue or your sleeve or wear a facemask to protect others from illness.
- Stay home if you are sick.
- Social and physical distancing, especially when you are not feeling well is important to keep others from getting sick.
- Limiting your contact with others when you are sick can help prevent the spread of infection.
- Do not share personal items with people outside of your household.
- Get vaccinated if and when the option is available.
- Avoid touching wild animals.
- Continue to practice mindfulness and stress relief. Mental and emotional well-being is a key aspect of health.

Be mindful that individuals may have different comfort levels in various social situations. Respect those who wish to maintain a physical distance from others and/or wear facemasks. You may not know their circumstances or preferences. They may have an unvaccinated child(ren) at home, a family member they want to keep from getting sick, or may simply want keep themselves from getting sick.

Many viruses that make us sick will be with us for a long time so it is important to continue to practice ways to lower or prevent the spread of illnesses.