

COVID:

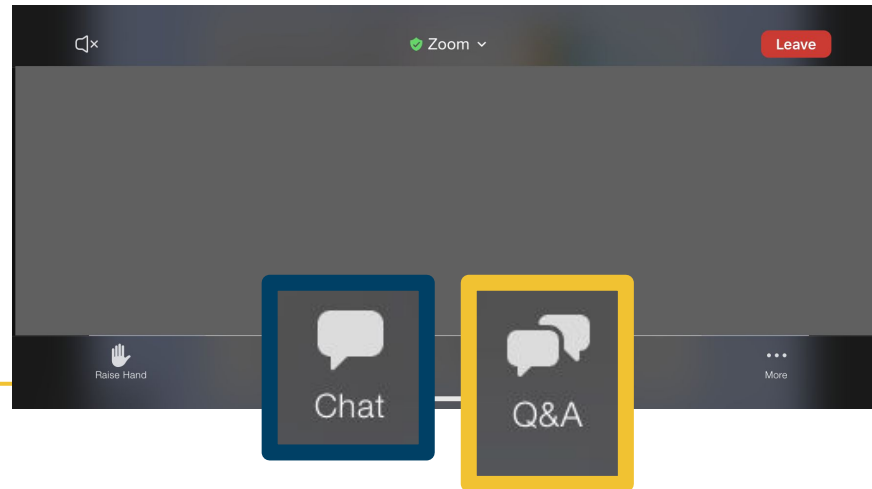
Schools, Prevention, Vaccine

February 24, 2021



Welcome

- The links and this presentation will be posted on our website: u-46.org/webinars.
- Comments and questions can be included in the Q&A box.
- The Chat box will be available for presenters to share main points and links.



Our Topics for Today



01 COVID preventive measures in schools

02 Q&A - Practical ways to stop the spread

03 COVID Vaccine



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A grayscale photograph of a desk setup. In the foreground, a tablet displays the word 'LOCKDOWN' in large, bold, serif capital letters. An upward-pointing arrow is positioned behind the 'N'. The tablet is lying flat. To its right is a smartphone, also lying flat. A pen lies horizontally next to the smartphone. In the background, a laptop is open, and a plate with various food items, including what looks like bread rolls and sliced bananas, is visible on the left. A mug is on the right side of the frame. The overall scene suggests a home office or a workspace during a lockdown.

How did COVID-19
impact you and your
family?

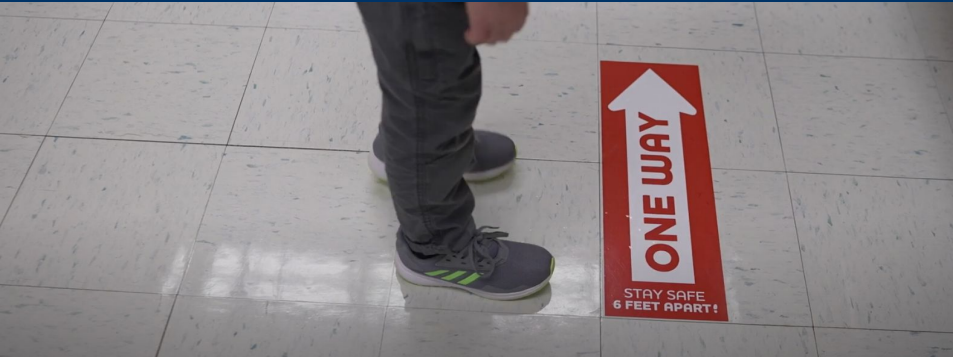
1. Self Certify



2. Wear a Mask



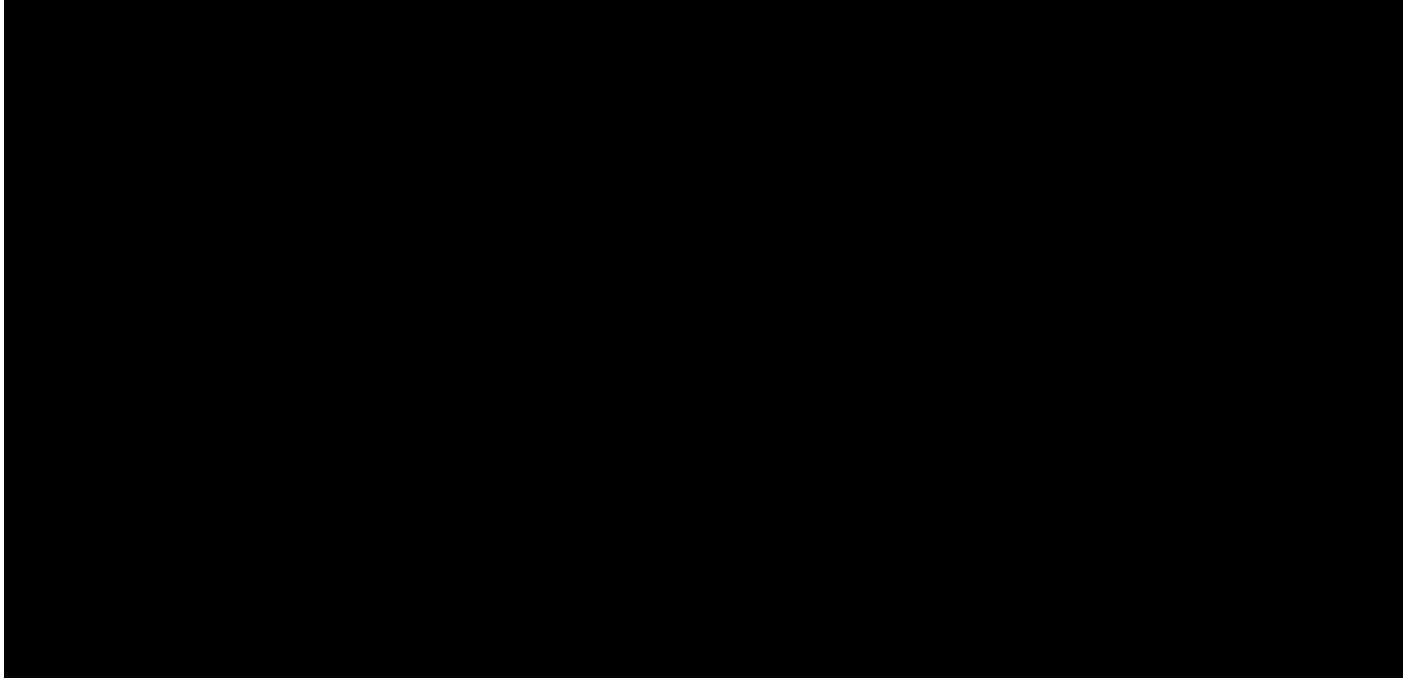
3. Social Distancing



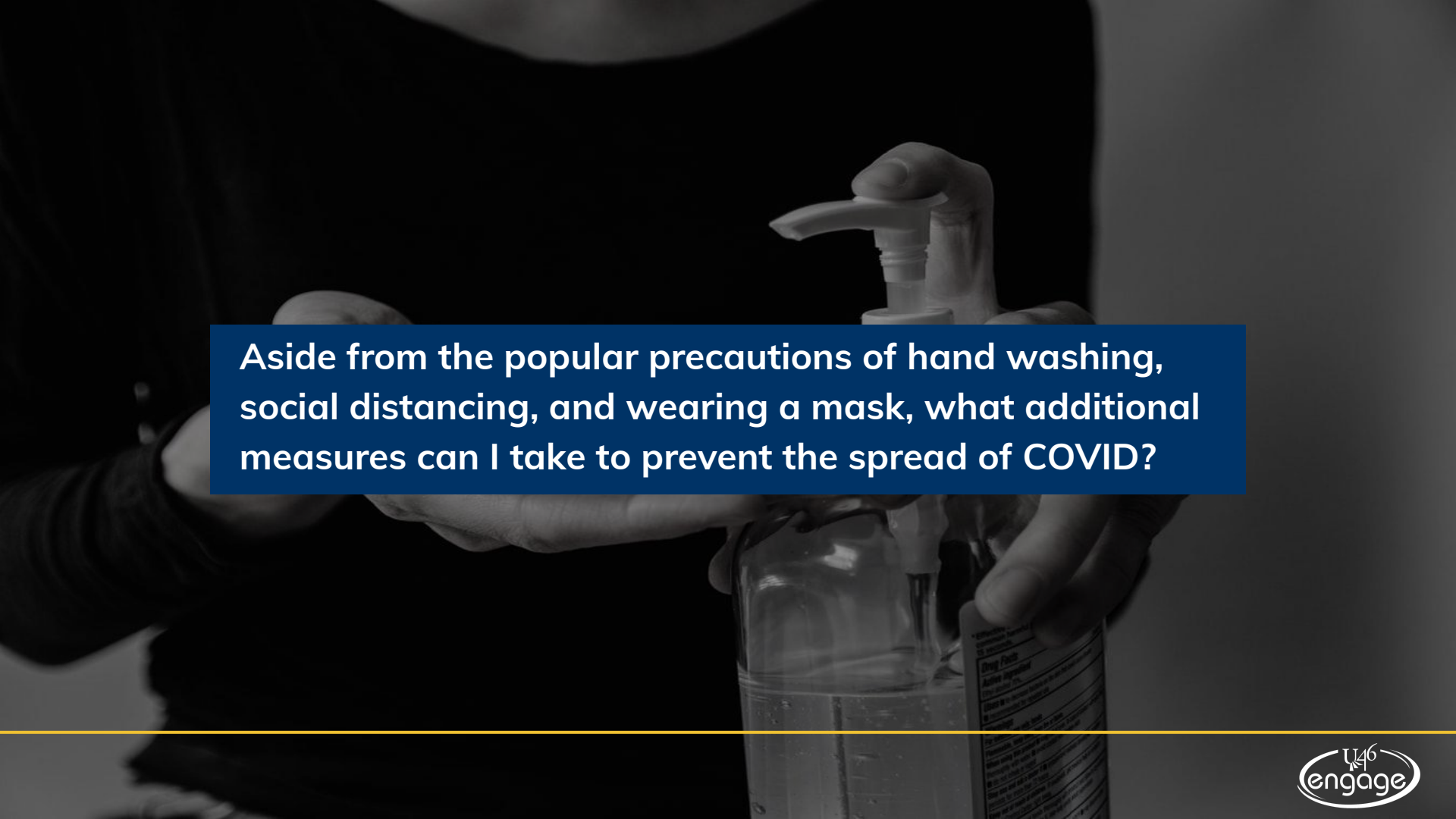
4. Wash Your Hands



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Safe and Ready to Learn Video, [click here](#) to watch

A grayscale photograph of a person's hands using a hand sanitizer dispenser. The person is wearing a dark long-sleeved shirt. Their right hand is pressing the pump mechanism of the dispenser, while their left hand is holding the bottle. The dispenser is clear plastic with a white pump. The background is dark and out of focus.

Aside from the popular precautions of hand washing, social distancing, and wearing a mask, what additional measures can I take to prevent the spread of COVID?

Eat well to sleep well



Nourish your brain to get ready for sleep — the time when you do the most productive work of your day

Getting a good night's sleep— 7-8 hours — on a regular basis can help you feel rested and ready to go. Yet, when stress levels are high and the to-do list is long, getting quality sleep may seem like an elusive goal.

Here's a wake-up call: Your body works hard during sleep, restoring and replenishing. Your brain rewires cells to create connections for learning and concentration, and even performs some housekeeping — clearing out toxins that build up while you're awake. Beyond your brain, sleep affects your heart, lungs, immune system, metabolism and mood. It's no wonder that poor sleep increases your risk for health problems like high blood pressure, heart disease, diabetes, depression and obesity.

Trying to get more shut-eye? Look at your diet

A good night's sleep begins with a nutritious breakfast, followed by an equally healthy lunch and dinner plus several small snacks, if needed—all comprised of pro-sleep foods that stay within your daily calorie needs. Front-loading your calories (i.e., eating your biggest meals earlier in the day) provides energy to keep you going all day long, as well as having weight loss and body mass index (BMI) benefits.

Avoid eating a late dinner. It may raise your body temperature and interfere with the release of melatonin — a hormone your body clock uses to control its daily sleep and wake cycle — along with increasing blood sugar and insulin. Together, these physical changes can wreak havoc with your sleep. Eat at least three hours before bedtime to sleep better.

Seven sleep superfoods

Eat these foods throughout the day for a better night's sleep.

Greek yogurt

Greek yogurt is a good source of protein, calcium and vitamin B12, which are all essential nutrients to sleeping soundly.

Fish

Fatty fish like salmon, tuna and mackerel are great sources of vitamin D and omega-3 fatty acids — both of which can help improve sleep quality. Not a fish fan? Try other vitamin D-rich foods like egg yolks, or fortified dairy or juice. Studies show that consuming vitamin D with a large meal or fat source can increase absorption. Consuming it early in the day can maximize melatonin production while also boosting daytime mood and energy.

Bananas

Bananas contain tryptophan, which the body converts to melatonin and serotonin — the brain's calming hormone.

Broccoli

Including more fiber in your diet may help you spend more time in restorative sleep — the phases of deep sleep and rapid eye movement (REM) sleep during which your body and mind undergo the most renewal. Choose fiber-filled foods like broccoli and other vegetables, fruits, beans and whole grains.

Orange and red tomatoes

They're filled with lycopene, which is an important mineral for sleep. They're most concentrated and available in canned or cooked tomatoes.

Almonds or walnuts

Go nuts with a handful or two (one-quarter cup is a serving size) for a healthy dose of melatonin and magnesium — a stress-reducing, sleep-promoting essential mineral.

Kale

It's loaded with calcium, which helps the brain use tryptophan to make melatonin.

Nighttime snacks to help you snooze

If you're craving a small snack before bedtime, stay away from snooze-busting red meat, fried or spicy foods, sugar, coffee and alcohol. Instead, enjoy these better-for-you options — with snooze-supporting ingredients — at least one hour before you turn in:

- Peanut butter on whole wheat toast with sliced banana
- Celery with hummus
- Popcorn (three cups for serving size) sprinkled with parmesan cheese instead of butter
- Oatmeal
- Tart cherry juice
- Chamomile tea
- Milk

Designing a winning indoor workout



Don't let the closure of your go-to fitness center spoil a healthy exercise routine. Here are a few creative tips to help bring your exercises indoors.

Indoor aerobic activities

Aerobic exercise helps your heart and lungs, and offers proven stress reduction benefits. Do moderate-intensity aerobic exercise for at least 150 minutes every week — 30 minutes a day, five times a week is an easy goal to remember. Here are some ways to do aerobic activity inside:

- Follow along with an exercise DVD or online video.
- Dance to upbeat music.
- Go up and down the stairs.
- Speed up your vacuuming, bathroom cleaning, and kitchen cleaning.

Strengthen your routine

Strength training helps your bones and muscles. Do strength-training exercises at least two days per week. You can bring strength training indoors, too:

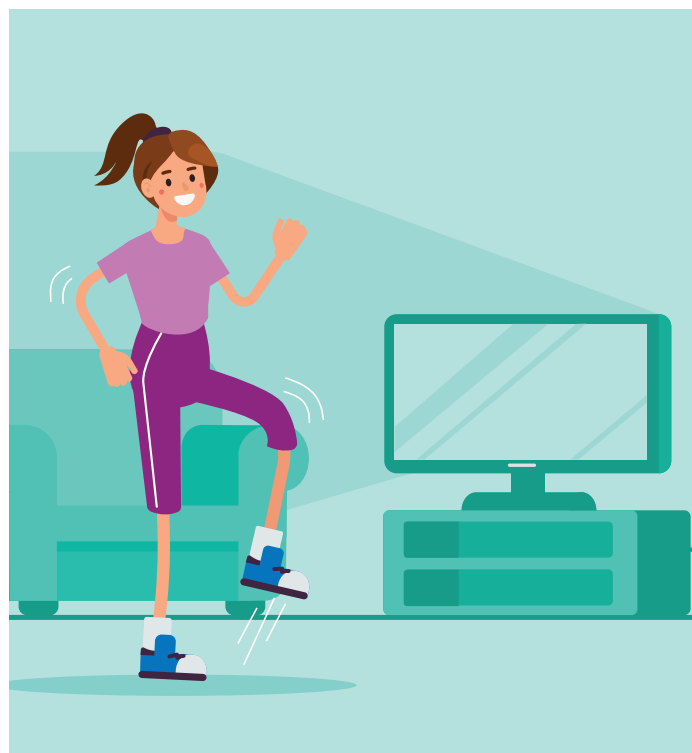
- Begin with soup cans or light dumbbells, lifting 8-12 times in a row. (When you can do more than 12 reps, move up to a slightly heavier weight.)
- Do push-ups or pull-ups.
- Try pulling on resistance bands.

Don't forget to stretch

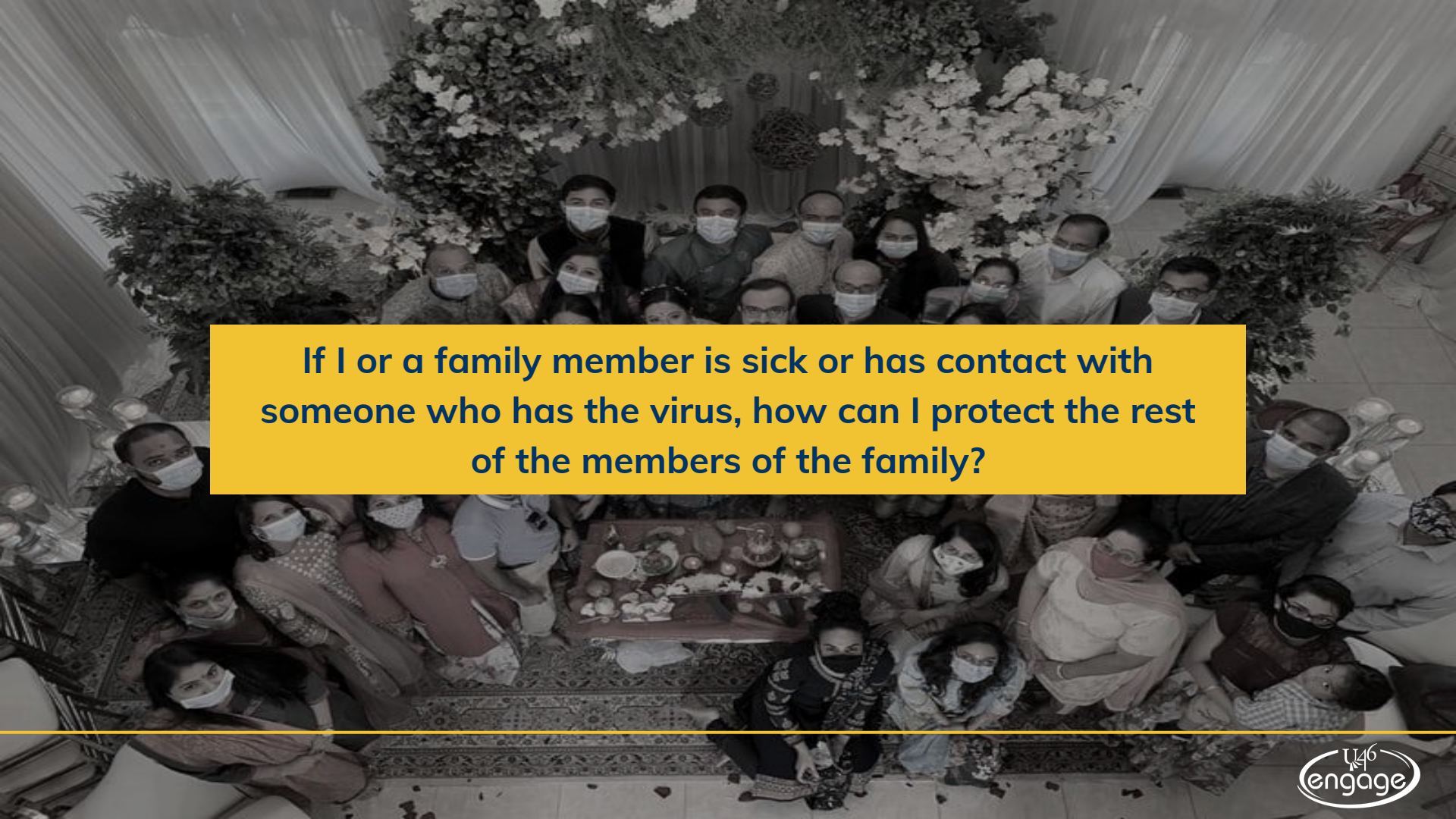
Stretching keeps your muscles flexible and helps prevent injuries. Stretch after you do your regularly scheduled strength and aerobic activities. Here's how to do it inside:

- Learn yoga or tai chi from a video, book, or class.
- Lift your arms toward the ceiling and stretch. (You can find other stretches online.)
- Hold the stretch for 10 to 30 seconds and repeat every stretch three to five times.

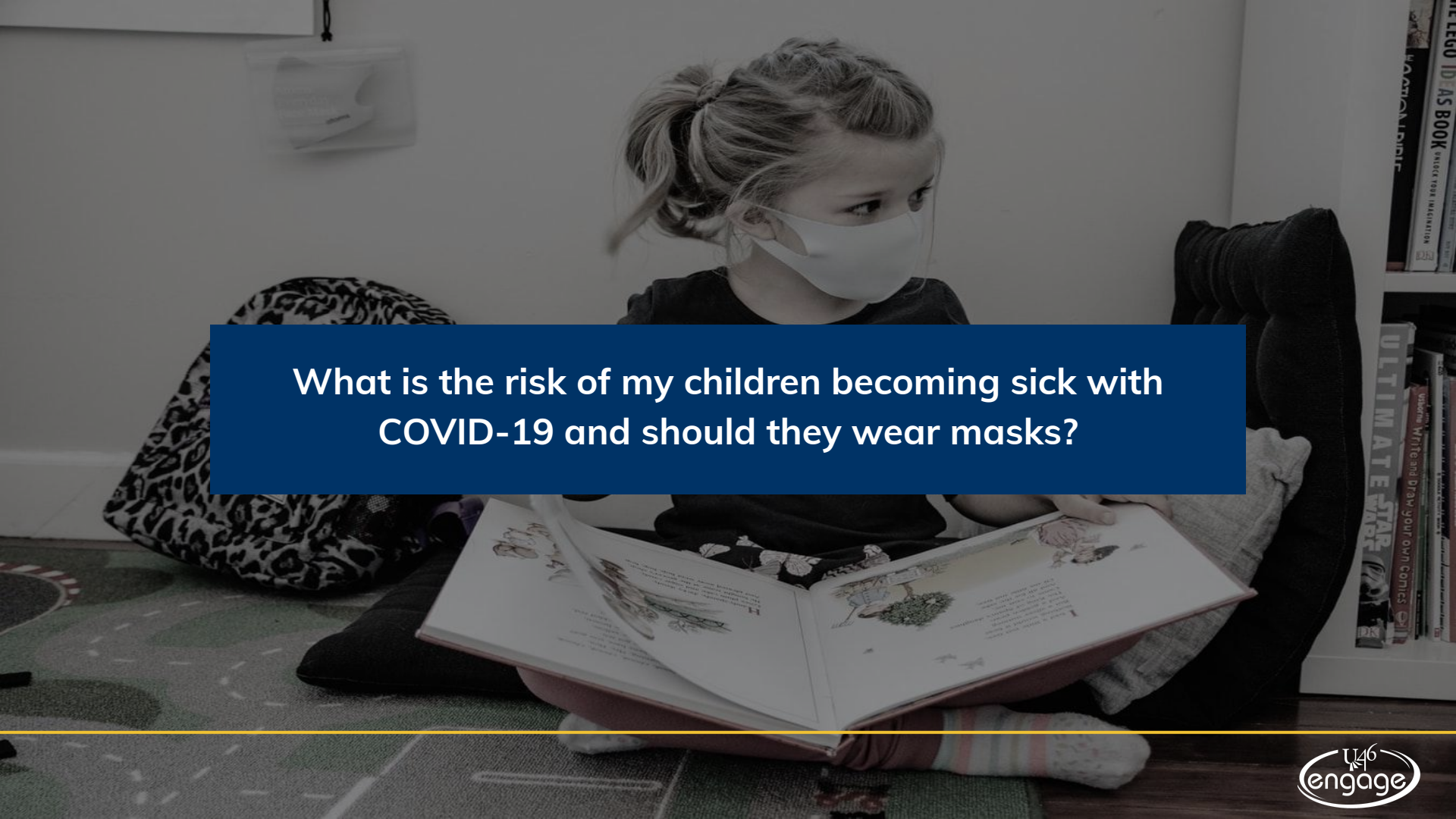
Never miss a chance to move. For example, you can lift hand weights, march in place, dance or stretch while watching TV. But don't work the same muscles two days in a row so they have ample time to recover.



Please visit the [CDC.gov](https://www.cdc.gov) for the most recent information on COVID-19



If I or a family member is sick or has contact with someone who has the virus, how can I protect the rest of the members of the family?



What is the risk of my children becoming sick with COVID-19 and should they wear masks?

Thank you!

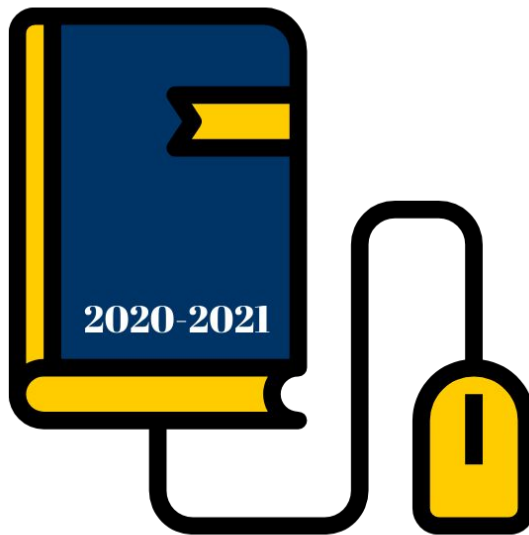
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[Let's Talk](https://www.cdc.gov)

[CDC.gov](https://www.cdc.gov)

[AmitaHealth.org/covid-19/vaccine](https://www.AmitaHealth.org/covid-19/vaccine)



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