

## Tips for Staying Healthy and Connected while Social Distancing



### Get Enough Sleep

Establish a routine to go to bed at a reasonable hour. Don't let the lack of structure cause you to stay up late. Aim for 7-9 hours per night.



### Exercise

Try to move your body daily. While it is a good idea to avoid the gym, many fitness companies are offering online workouts. Check them out [here](#).



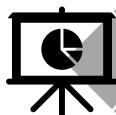
### Eat Healthy

Eat meals at normal meal times. Maintaining your regular meal times can help to stay in a routine.



### Do Relaxing Activities

Deep breathing and meditation can help you de-stress. In addition, do activities you enjoy such as reading, yoga, cooking, and playing games. You can access meditation apps and resources [here](#) and on the [Legends Community](#) site.



### Get the Facts

You can access reliable and up-to-date information from the [World Health Organization](#) and [Center for Disease Control and Prevention](#).



### Structure your Time

Creating and sticking to a schedule can help to maintain a sense of normalcy.



### Set Short-Term Goals

You likely have much more time at home than usual. Use this time to set and accomplish small, achievable goals such as cleaning or organizing a room in your home.

### Wash Your Hands Frequently

Wash your hands with soap and warm water for at least 20 seconds after going out in public, having contact with other people, or coughing or sneezing.



### Practice Social Distancing

To avoid contracting or spreading the virus, limit contact with other people and spend as much time at home as possible. When in public, maintain at least 3 feet of distance between yourself and others.



### Avoid Touching Your Eyes, Nose, and Mouth

Your hands can pick up viruses from the various surfaces you touch throughout the day. When you touch your eyes, nose, or mouth, you can transfer the virus into your body and become sick.



### If you have Symptoms of COVID-19, Seek Medical Care Immediately

The primary symptoms of COVID-19 are fever, cough, and difficulty breathing. Even if your symptoms are mild, if you are infected with COVID-19 you could be infecting those around you. If you suspect you may have the virus, seek medical care.



### Reach out to People You Love

This time of uncertainty and social distancing can feel isolating, but you are not alone. Reach out to people you love, schedule virtual hangouts, and use technology to stay connected. You can find tools to stay connected [here](#).



### Learn Something New with Family or Friends

Use your newfound free time to learn a new skill. If you are staying at home with family or friends, learn something new together. There are many [online classes](#) for skills such as playing instruments, learning to code, speaking a new language, and more.

