

# COVID-19 Wellness Tool

## Infection Prevention:

- If you have concerns that you may be experiencing symptoms of COVID please complete the self-assessment tool at [www.ahs.ca](http://www.ahs.ca) if you are able. If you are not able I would be happy to complete it with you today over the phone.
- This virus is spread through droplet contact. Therefore no hand shaking, hugging or kissing
- Practice frequent hand washing for at least 20 seconds (sing the Happy Birthday song twice)
- Use alcohol based hand sanitizer if soap and water is not available.
- Follow coughing and sneezing etiquette. (e.g. sneezing into your elbow or Kleenex, performing hand hygiene immediately after)
- Avoid touching your face.
- Stay at home if you are sick.
- Practice physical distancing - 2 meters away from people when out (2 arm lengths).

## Services:

- Some services (like grocery stores, hospitals and pharmacies) will remain open and are working to ensure sufficient quantities are available to all.
- Buy non-perishable food items if able.
- Refill your prescriptions as needed, be aware that most community pharmacies are providing no cost delivery at this time.

## Healthy Habits

- Encourage maintenance of healthy habits:
  1. Remain physically active- either at home or outside, while maintaining physical distancing.
  2. Make time for activities you enjoy e.g. puzzles, reading, knitting, and journaling.
  3. Connect with others by means such as: phone, Skype or Facetime.
  4. Stay hydrated. Try to consume 1.5 to 2 liters of water per day.
  5. Get proper rest and sleep.
  6. If you are finding the news or social media is making you feel anxious take a break from it.

Adapted from:

1. <https://www.alberta.ca/coronavirus-info-for-albertans.aspx>
2. <https://www.albertahealthservices.ca/amh/Page16759.aspx>
3. <https://cmha.ca/news/covid-19-and-mental-health>