

## **July Health & Wellness Newsletter**

As we enter into the 5<sup>th</sup> month of the Covid-19 pandemic and the restrictions on our lives, we are called upon to act with caution and maturity. Typical for the rural mountain community that we are, the outer world comes to us slowly. We have been fortunate to have low infection rates so far but this is changing. Summer time means traveling and gathering for families and that means sharing. Our regional rates are beginning to rise. Remember **Wait**: Wait to give others 6 feet or more, **Wash**: Wash your hand frequently for at least 20 seconds and **Wear**: Wear a mask to protect others from the possibility of being exposed.

Here are some questions and tips from the CDC:

### **Is COVID-19 spreading where you're going?**

You can get infected while traveling.

### **Is COVID-19 spreading in your community?**

Even if you don't have symptoms, you can spread COVID-19 to others while traveling.

### **Will you or those you are traveling with be within 6 feet of others during or after your trip?**

Being within 6 feet of others increases your chances of getting infected and infecting others

### **Are you or those you are traveling with more likely to get very ill from COVID-19?**

Individuals who have an increased risk of severe illness from COVID-19 should limit their travel.

### **Do you live with someone who is more likely to get very ill from COVID-19?**

If you get infected while traveling you can spread COVID-19 to loved ones when you return, even if you don't have symptoms.

### **Does the state or local government where you live or at your destination require you to stay home for 14 days after traveling?**

Some state and local governments may require people who have recently traveled to stay home for 14 days.

### **If you get sick with COVID-19, will you have to miss work or school?**

People with COVID-19 disease need to stay home until they are no longer considered infectious.

**Do not travel if you are sick**, or if you have been around someone with COVID-19 in the past 14 days. Do not travel with someone who is sick.

If you find that you have been exposed to someone with Covid-19 please quarantine! Here is a CDC link for quarantine guidelines

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

**Health & Wellness Activities: Community Gardening** continues with precautions. Please contact Marianne Huff or Carol Jernigan, Faith Community Nurse if you would like to participate. Carol is also available for transportation for health related appointments. Please call her at 901-485-4280.