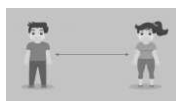


### **Recommendations for COVID-19 Risk reduction and Healthy Lifestyle**



**Stay home – Go out only if necessary, keeping a distance of 6 feet between yourself and others.**



**Wash your hands frequently and whenever necessary with soap and water for a minimum of 20 seconds. If soap and water are not available, use hand sanitizer and allow it to dry.**



**Cover your mouth and nose when coughing/sneezing with a disposable tissue or the inner part of your elbow.**



**Avoid touching your eyes, nose, and mouth, especially when in public areas.**



**Get enough sleep (7-8 hours every day).**



**Avoid consuming refined sugary food or beverages: instead, eat a diet rich in fruits and vegetables. Drink alcohol in moderation. Drink plenty of water, and avoid sugary drinks.**



**Smoking could increase your risk of contracting COVID-19.**




**Exercise regularly and keep moving inside the home. (Visit the [VMove](#) page for ideas.)**




**Practice meditation, do breathing exercises, relax, and reduce stress.**


#### **Recommendations to reduce risk when shopping**

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- Maintain a distance of 6 feet from others. When this is not possible, face away.
  - Avoid touching your face with your hands when your hands are not clean.
  - Face masks should be used in public. Make sure it fits well and covers **both** your nose and mouth. Wash/sanitize your hands before wearing a mask.
  - It is NOT recommended to use gloves when out shopping. However, gloves are recommended when caring for sick people.
  - If using a cart, clean the handle with disinfectant if possible.
  - When arriving home, remove your shoes near the entrance and change clothes upon entering, separating the used and potentially contaminated clothes to a designated area.

#### **Recommendations to avoid foodborne diseases**

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1. **Clean:** Wash your hands with soap and water for 20 seconds before handling or ingesting food. Wash fruits and vegetables with enough water, scrubbing with a brush or your hands. Washing fruits and vegetables with soap or commercial detergents is not recommended.
  2. **Separate:** Avoid cross contamination. Clean work surfaces and use different utensils for fresh products (fruits and vegetables) and raw products (meat and poultry).
  3. **Cook:** Cooking food properly to avoid the propagation of any germs.

#### **Recommendations to reduce risk through packaging or food delivery**

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- The risk of becoming infected through cooked food is minimal, while the risk from receiving packages and touching surfaces is low.
  - If you don't need to open the package immediately, keep it aside for 3 days.
  - Whether it is food or another package, it is recommended to discard the packaging in which the product was received. You may wash or disinfect packages you plan to keep. In the case of food, transfer it to another plate or container you already have at home.