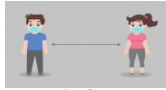


Recommendations for COVID-19 Risk reduction and Healthy Lifestyle



Stay home - Get out only when necessary, keeping 6 feet between you and other people.



Wash your hands frequently and when necessary, using soap and water for a minimum of 20 seconds. If soap and water are not available, use hand sanitizer.



Cover your mouth and nose when coughing / sneezing using a tissue or the inside of your elbow.



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



Get enough sleep (7-8 hours a day).



Avoid consuming refined sugar in foods or drinks: try better to eat a diet rich in fruit and vegetables. Drink alcohol in moderation. Drink enough water.



Smoking can increase your risk of getting COVID-19.



Exercise regularly and keep moving around the home (Visit the site [VMove](#)).



Practice meditation, do breathing exercises, relax, and reduce sources of stress.



If possible, get vaccinated against COVID-19 and influenza to avoid getting sick.

Recommendations to reduce risk when shopping

- Keep a distance of 6 feet from others. When this is not possible; turn around.
- Avoid touching your face with your hands if they are not clean.
- Masks should be worn in public. Make sure it serves you well and covers both your nose and mouth. Wash / disinfect your hands before putting on your mask.
- Use gloves only when caring for sick people.
- If you use a shopping cart, clean the handle with disinfectant, if possible.
- When you get home, remove your shoes near the entrance and change your clothes once you enter, separating used and potentially contaminated clothing in the designated area.



Recommendations to avoid foodborne illness.

1. **Clean:** Wash your hands with soap and water before handling or eating food. Rinse fruits and vegetables with plenty of water, scrubbing with a brush or with your hands. It is not recommended to wash vegetables and fruits with soap or commercial detergents.
2. **Separate: Avoid cross contamination. Clean work surfaces and use different utensils for fresh produce (fruits and vegetables) and raw produce (meat and poultry).**
3. **Cook:** Cooking food properly prevents the spread of some germs.



Recommendations to reduce risk through food packaging or delivery.

1. The risk of contagion through cooked food is minimal, while the risk from receiving packages and touching surfaces is low.
2. If you don't need to open the package immediately, you can keep it aside for 3 days.
3. Whether it is food or another package, it is recommended that you discard the container in which you received the product. You can also wash or disinfect the packaging that you are going to keep. In the case of food, transfer it to another plate or container that you have in your home.

