QUARTERLY **NEWSLETTER**

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4 TIPS FOR EXERCISING WITH A FACE MASK

Wearing a face mask is one of the best ways to protect yourself and others from getting COVID-19 — even during exercise. **While it may be uncomfortable at times, there are things you can do to make exercising with a mask more comfortable:**

Focus on your breath. Inhaling through your nose and exhaling through your mouth can prevent lightheadedness and keep moisture from accumulating on the mask.

Find a suitable fabric. Choose a mask made from breathable and lightweight material such as polyester or spandex.

Carry a spare. Damp masks make it harder to breathe, so carry an extra one with you.

Adjust your workout, if needed. Some exercises — like cardio — may seem more difficult while wearing a face covering. Be sure to monitor your exercise intensity and adjust it as needed.

Wearing a mask, especially during exercise, is new to us all — it may take a few workouts for your body to get used to it.

CUT THE CRITICISM:
How to Stop the Negative Self-Talk

We all have an inner critic. Sometimes it can be helpful and motivate us to reach our goals — other times, it can be harmful and bring us down. What you think can affect how you feel, so here are four easy ways to cut the criticism:

Recognize the negativity. Notice when you're critical of yourself so you can begin to stop.

Practice "thought-stopping." This technique helps stop negative thoughts in their tracks. For example, if you recognize you have a negative thought, you might snap a rubber band on your wrist or tell yourself to stop.

Do some good, replace the bad. This is one of the best ways to reduce negative self-talk. If a negative thought enters your mind (for example, "I'll never be able to do this"), change it to something uplifting ("I can try to do this"). With practice, you'll become more positive about yourself and your life.

Practice positive self-talk. There's that saying, "If you can't say something nice, don't say it at all." That applies to self-talk, too. Don't tell yourself anything you wouldn't say to a friend. Strive to be gentle, compassionate, and encouraging with yourself.

Source: https://www.verywellmind.com/negative-self-talk-and-how-it-affects-us

EASY WAYS TO REDUCE YOUR WATER CONSUMPTION

Between bathing, flushing the toilet, and running faucets, the average American uses approximately 80 to 100 gallons of water a day. But, whether it's in the kitchen or the bathroom, there are simple ways to reduce your water usage.

Skip the pre-rinse. It's not necessary to rinse your dishes before you put them in the dishwasher — that's what the appliance is for.

Be strategic when boiling. When boiling water for food, use just enough to cover your pasta, for example. If you're rinsing food under cold water, put it in a bowl with some ice cubes and drain it after the ice melts.

Turn it off. When washing your hands, turn off the water while you scrub them together doing this can save up to 7 gallons a day. Turning it off while brushing your teeth can save up to 8 gallons a day, and together that adds up to 450 gallons a month.

Shower smart. The average shower uses about 16 gallons of water. Turning off the water while you lather up can save about two gallons every minute.

Source: https://www.epa.gov/watersense/start-saving#save-indoors

COVID-19 or Allergies:
How to Tell the Difference

These days, you can't even sneeze or cough without being concerned about the possibility of having COVID-19 — and seasonal allergies couldn't come at a worse time. A lot of symptoms overlap for COVID-19 and seasonal allergies, so how can you tell the difference?

Here are some common symptoms you have with allergies but not COVID-19:

- A runny, itchy nose
- Congestion
- Itchy, watery eyes
- Sneezing

On the other hand, more common symptoms associated with the coronavirus include fever, chills, body aches, and shortness of breath. Allergies don't cause a fever, so if you have one, you should get tested for COVID-19.

Fatigue is a common symptom often seen with both conditions, but the fatigue that occurs due to coronavirus is more extreme than that associated with allergies. Sometimes congestion from allergies can be so severe that people lose their sense of smell, but the loss of smell associated with COVID-19 comes on abruptly.

For more information on whether it's COVID-19 or allergies, click **here**.

Source:
https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/infographic-overlap-symptoms.html#text

FEATURED RESOURCE:
Centers for Disease Control and Prevention: COVID-19

From COVID-19 symptoms and prevention tips to quarantine information and vaccine locations, this page has links to everything you need to know to keep you safe.

Centers for Disease Control and Prevention
https://www.cdc.gov/coronavirus/2019-ncov/your-health/index.html