

P R O M O T I N G

Healthy & Fulfilling Lives

Corona Announcement

July 27, 2020

“Do the best you can until you know better. Then when you know better, do better.” – Maya Angelou



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International Day of Friendship is Thursday, July 30 – what can you do to celebrate your friends during Corona Virus? Write them a note, give them a call, bake them a cake? Call an old friend that you have not talked to in a while. What about that cousin that you grew up with and have not talked to in ages? Pick up the phone; spend a little time making new memories while remembering younger more simpler days.

Fit Tip: **Stretch your neck** by tucking your chin to you chest (hold for 15 seconds) now look to the right and to the left as if crossing the street (hold each for 15 seconds) **Stretch your ankles** while sitting in a chair lift your foot and extend your toe towards the floor (hold for 15 seconds) now slowly rotate your ankle creating slow circles in both directions. Repeat with the other ankle.

Health Tip: What should I do if I have had close contact with someone who has COVID-19?

Be alert for symptoms. Watch for fever, cough, shortness of breath, or other [symptoms](#) of COVID-19. Take your temperature and follow CDC guidance if you have symptoms.

+What is “close contact”? Close contact is defined as any individual who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to positive specimen collection) until the time the patient is isolated

Symptoms may appear 2-14 days after exposure to the virus. Symptoms: Fever or chills, Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, Headache, New loss of taste or smell, Sore throat, Congestion or runny nose, Nausea or vomiting, Diarrhea

If you have additional questions you may call the Pender County Health Department. They have been an excellent resource for us and are doing testing by appointment. Call 910-259-1230.

If you leave home, know your Ws!

 <p>WEAR a cloth covering over your nose and mouth.</p>	 <p>WAIT 6 feet apart. Avoid close contact.</p>	 <p>WASH your hands or use hand sanitizer.</p>
<p>@NCDHHS</p>		<p>#StayStrongNC</p>

Questions about Medicare? We can help... SHIP, the Seniors’ Health Insurance Information Program, provides free counseling about Medicare in all 100 counties of North Carolina. SHIP can also help you apply for Medicare cost savings programs. We continue to assist clients by phone. Leave a message for Jennifer at X 303.

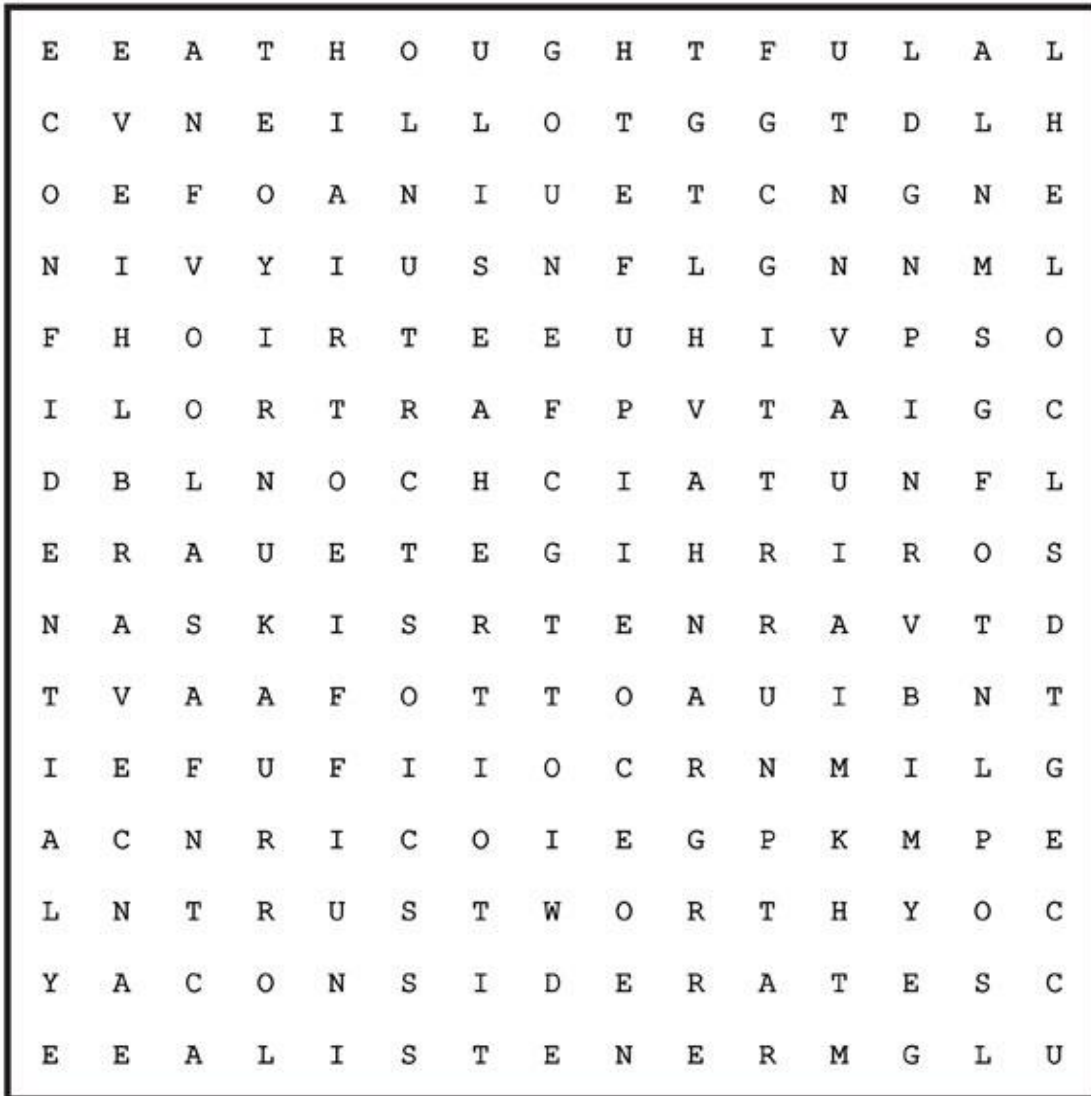
Drive through Meals: Please call and let us know you are coming by Friday at 10 am. We are asking during the drive through what you plan is for next week but if you do not know you can call! 259-9119 x 301.

We serve approximately 140 home delivered meals M – Th and average 45 drive through meals daily M- Th



HOW TO BE A GREAT FRIEND WORD SEARCH

Find each of the words about important friendship qualities hidden below.



WORDS TO FIND

brave
caring
communication
confidential
considerate

empathetic
faithful
forgiving
funny
generous

honest
inseparable
kind
listener
loving

loyal
protective
thoughtful
truthful
trustworthy