

## Prioritizing Wellness in the COVID-19 Era

by Emily Wilson, SCIF

2020 has been a year of immense struggle and loss. Sudden unemployment, fears about the virus, missed celebrations, smoky air, virtual school, and other stressors have all presented challenges to families in our Ravenswood Family Health Network community. We want to acknowledge the difficulties each of you are facing, as well as the resilience each of you have shown in the last several months.



frozen broccoli on the side with your dinner, have a salad with your lunch, or add chopped vegetables to soup, beans, rice, pasta, or other dishes. Try and have a variety if you can, and experiment to find some dishes you like.



**Set Achievable Goals.** During this period of adjusting to the “new normal” of the pandemic, each of us should take time to plan how we can maintain our personal wellness in the COVID-19 era. You don’t need to make a ton of changes to your habits overnight – that’s stressful and unsustainable. Instead, we encourage you to make a few achievable, measurable goals that you can track and adjust as necessary to make sure you are taking care of your body and mind.

**Walking More.** A major part of maintaining personal wellness is exercising regularly. Maybe your routine has changed drastically in the last several months, and you have had trouble finding time to exercise.



Don’t beat yourself up for it! How about setting a goal of walking with your family three times a week? Walking is a low stress, fun, and healthy activity.

**More Veggies in Diet.** Maybe you want to try and add more vegetables to your diet. You could decide to include at least one vegetable with both lunch and dinner every day. Doesn’t need to be fancy or time consuming! You could have some



**Accountability.** Once you’ve decided what you’d like to try, share your goal with a family member or friend to help hold you accountable. Two weeks later, you can check in with yourself and your loved one, and see how you’re doing. What went well? What adjustments could you make? How can you help yourself reach your goal?

**Mental Wellness.** Of course, personal wellness goes beyond taking care of your physical body with healthy foods and enough exercise (though, of course, both are very important). Mental and emotional wellness go hand in hand with physical wellness, and deserve your care, attention, and patience. During times like these, our bodies and minds are under a great deal of stress. You might be feeling scattered, overwhelmed, or anxious in a way you haven’t before, or haven’t for a long time.



**Calling a Friend/Family Member.** What are some goals you could set to help make sure you’re taking care of yourself mentally, too? Perhaps you’ve been feeling more lonely than usual. You could set a goal to try and call a friend or family member twice a week.



**Doing Something Just for You.** Maybe you are spending all of your time at work, helping your children with online school, running errands, and supporting your loved ones, and you feel like you aren't able to get any



time for yourself any more. If that's the case, what are some things that you like to do for yourself? What are some activities you've wanted to try? Maybe you could set a goal to spend at least 15 minutes every day doing something just for **you**, be that reading, watching your favorite show, having a coffee, doing a puzzle, working out, or whatever you'd like.

**Ravenswood Available to Help.** Here at Ravenswood, it is our goal to educate, engage, and empower our patients to manage their health and advocate for healthy lifestyles in their

communities. Be sure to call and make an appointment at one of our locations to address any health concerns you or a family member are facing. We are here for you! **Call 650-330-7400.**

If you need help with accessing food, legal assistance, eviction protection, or other concerns, please visit our website at <https://ravenswoodfhc.org/> and click on the "COVID Resources" tab. **Never hesitate to reach out for any assistance – the only way we'll get through this period is by supporting each other as a community. Be patient and kind with yourself and others, and take everything one day at a time.**



**Be well!**

## The Flu Season is Here Again & Now Accompanied by COVID-19!

by Sheila Valdivia, RN, BSN, PHN, Ravenswood Nurse Manager

Remember these are both contagious respiratory illnesses, one caused by the influenza viruses and the other SARS-CoV-2 virus. Both infect the nose, throat, and sometimes the lungs. Both can cause mild to severe illness, and, in severe cases, may lead to death.



**How do they spread?** By tiny droplets made when people are in close contact (less than 6 feet) through Flu or COVID-19-infected coughing, sneezing, or talking.

**How are they similar and different?** Both **COVID-19** and **flu** can vary in their signs and symptoms. A person can experience no symptoms (asymptomatic) to having severe symptoms. Some of the most common symptoms seen in both Flu and COVID-19 include:

- Fever or feeling feverish/chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue (tiredness)
- Sore throat
- Runny or stuffy nose
- Muscle pain or body aches
- Headache
- Some people may have vomiting and diarrhea, though this is more common in children than adults



**Differences: Flu:** Flu viruses can cause mild to severe illness, including common signs and symptoms listed above. **COVID-19:** Other signs and symptoms of C-19, different from flu, may include change in or loss of taste or smell.

Please visit the CDC website for more information and updates: <https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>

**How can we fight the flu and prevent complications of C-19?**

- Try to avoid close contact with sick people.
- When sick, limit contact with others as much as possible and maintain a distance of at least 6 feet to keep from infecting others. **Make sure to wear a mask.**
- Stay at home if you think you might have been exposed to COVID-19.
- Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.
- **Wash your hands** often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Avoid hugs and handshakes and make sure mask is fitted and **covering your nose and mouth.**
- Clean and disinfect **ALL** surfaces and objects frequently touch.

### Flu Vaccines by Appointment Only

**Ravenswood Family Health Center Main Clinic:**

**Call 650 330-7400.** 1885 Bay Road, East Palo Alto, CA 94303. Monday and Wednesday: 1 – 4 PM.

**MayView Immunization Clinics: Call 650 327-8717**

- MayView Mountain View Clinic, 900 Miramonte Av., 2nd Fl, Mountain View, 94040.
- MayView Sunnyvale Clinic, 785 Morse Av., Sunnyvale, 94085.
- MayView Palo Alto Clinic, (currently closed), 270 Grant Av., Palo Alto, 94306.