Maintaining Wellness
during the
COVID-19 Pandemic

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What is WELLNESS?

"...a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity." (WHO)

What's happening now?

- COVID-19 global pandemic
- Adapting to the “New Normal”
How will you respond to COVID-19?

- Denial
  - Fake news. It's just a cold

- Panic

- Plan
  - How to prepare your family and business CDC

Alex, I'll take planning for $500.
Having a PLAN is always a great way to manage anything!

- Let’s take a holistic approach at this plan of keeping you WELL!

  - Physical health
  - Mental health
  - Financial status
  - Environmental status
  - Safety for self & family members
Physical Health & Exercise

Exercise on a regular basis and include your kids, partner and other family members

**BENEFITS TO EXERCISING:**
- Boosts your **immune system**
- May prevent **weight gain**
- Improves your **sleep/restfulness**
- Reduce **stress** and **anxiety**
- Reduces later **cost** for health care
- Increases your **energy** level
- Beneficial for older adults and those with chronic diseases

**You don’t have to go to a gym, you can exercise at home by:**
- taking a brisk walk around the house, driveway or down your street
- climbing up your stairs several times, jumping rope, biking
- Follow an aerobic exercise or yoga workout on YouTube
- Plant and maintain a kitchen garden
Physical Health & Nutrition
Your nutritional intake is a very important contributing factor toward your health
Mental Health & You

- “Mental health is an important part of your overall health and well-being.” (CDC 2020)

- During this COVID-19 pandemic, many people around the world are stressed out and live in fear because of the many new changes and uncertainties that are taking place and may react in the following ways:
  - Changes in sleep or eating patterns.
  - Difficulty sleeping or concentrating.
  - Worsening of chronic health problems.
  - Worsening of mental health conditions.
  - Increased use of tobacco, and/or alcohol and other substances.
Mental Health & Wellness

Things we can do to improve and/or maintain our mental health:

1. **Exercise** on a regular basis
2. Maintain a **balanced diet**
3. Maintain your **prescribed medication** regimen
4. Make time for yourself to **relax/unwind**
5. **Connect** with people – friends/family
6. Maintain your **spirituality** and/or **belief system**
7. Take deep breaths, stretch and meditate
8. Use **credible sources** of information - WHO, CDC, CARPHA & MoH
Financial Wellness & You

It’s no secret that the global economy is struggling due to the COVID-19 pandemic. Now more than ever, it’s crucial to pay attention to financial news in order to protect yourself and your wallet.

1. **Stay informed** about financial changes taking place.
2. Re-assess your **spending habits** e.g. eating out less often.
3. Re-assess **spending with your family** – ‘needs’ not ‘wants’.
4. Re-assess your **budget** – more savings in case there is temporary loss of income.
5. Assess your **relationship with your bank** - look at ways to cut fees or choose accounts that yield more interest.
6. Examine your **debts** – minimize credit card usage, consolidate loans.
7. Consider doing an **investment** or small business to earn income.
Wellness, You & Your Environment

The 6 Principles:

PREVENTION OF COVID-19

COVID-19 is transmitted between people via respiratory droplets and contact routes. Precautions must be taken to prevent human-to-human spread of the disease.

- **Maintain Physical Distancing:** Keep at least 2 metres (6 feet) away from persons that do not live in your household; avoid crowds.
- **Hand Hygiene:** Wash your hands with soap and running water (20 sec) or use an alcohol-based hand rub (60-80% ethanol or isopropanol).
- **Face Masks:** Use face masks in public spaces, e.g., wear a face mask when going to the grocery or market.
- **Cough and Sneezing Etiquette:** Cough and sneeze into your elbow or sleeve, if tissue is not available.
- **Seek Medical Attention:** If you have fever, cough and difficulty breathing, seek medical attention early and share previous travel history.
- **Stay Home If Ill:** If you develop symptoms, stay home; seek medical care.

Avoid contact:
Avoid touching, hugging and hand shaking.

Wellness, You & Your Environment

Your hands spread the most germs when you touch surfaces

Germ Farm

Scrub'em!
Wellness, You & Your Environment

Hand hygiene options

Soap & Water

Hand sanitizer with at least a 60% alcohol base
Wellness, You & Your Environment

Some handy Face Mask tips!

How to Wear, Use and Remove a Cloth/Home-Made Face Mask
Coronavirus (COVID-19)

1. Perform hand hygiene using either soap and water or an alcohol-based hand rub 60-80% alcohol content (ethanol or isopropanol). This must be done before putting on the face mask and after removing it.

2. Hold the face mask by the straps ONLY. Place loops over each ear. Do not touch the inside of the mask.

3. Make sure the mask completely covers your nose and mouth.

4. The face mask should fit from the bridge of your nose down till your chin.

5. Make sure that there are no gaps between your face and the mask.

6. Only wear the mask for tasks/activities which require its use.

7. Do not touch your face or your mask. If you touch your mask accidentally, perform hand hygiene.

8. Hold the face mask by the straps and remove the mask by pulling it away from your face.

9. Do not touch the front of the mask. Perform hand hygiene after removing the mask.

10. After using a cloth mask, place it in a resealable plastic bag. Wash immediately after use with detergent at 60°C.

11. Keep clean cloth masks in one bag and used ones in another bag.

www.eatph.org

Updated: July 3, 2020.
Wellness, You & Your Environment

If You Travel by Public Transportation:

- During your trip, take steps to protect yourself and others from COVID-19:
  - Wear a mask to keep your nose and mouth covered when in public settings.
  - Avoid close contact by staying at least 6 feet apart.
  - Wash your hands often or use hand sanitizer (with at least 60% alcohol).
  - Avoid contact with anyone who is sick.
  - Avoid touching your eyes, nose, and mouth and any surfaces.
  - Have adequate supplies e.g. hand sanitizer or hand wipes before traveling.
Wellness, You & Your Environment

Good cleaning practices:

- Read & follow the directions on the label
- Wear gloves and consider eye protection for potential splash hazards
- Ensure adequate ventilation
- Use no more than the amount recommended on the label
- Use water at room temperature for dilution
- Avoid mixing chemical products e.g. bleach and other cleaning agents
- Label diluted cleaning solutions
- Store chemicals out of the reach of children and pets
Safety for You & Others

Disinfecting your surfaces

- Diluted household bleach solutions may be used if appropriate for the surface.

- Follow manufacturer’s instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser. Leave solution on the surface for at least 1 minute.

- **To make a bleach solution, mix:**
  - 5 tablespoons (1/3rd cup) bleach per gallon of room temperature water OR
  - 4 teaspoons bleach per quart of room temperature water
Safety for Self & Others
When you get home!

PROTOCOL WHEN GETTING HOME

- Take shoes off before entering home
- Spray alcohol top and bottom of shoes
- Also do to clothes, cell phone, glasses, keys, work utencils, computers ect.
- Throw away any receipt or papers
- Go to where you can take your clothes off and put them in the washer
- Don’t touch or sit in any chairs or beds
- Go the bathroom to take a shower, brush your teeth, etc.
- Now you can hug your family
Safety for Self & Others
Maintaining your wellness!

Low Risk Isn’t No Risk

Even if you are less than 60 years old and do not have an underlying health condition, you can still become sick with COVID-19.

- Clean your hands often
- Cough or sneeze in your bent elbow – not your hands!
- Avoid touching your eyes, nose and mouth
- Limit social gatherings and time spent in crowded places
- Avoid close contact with someone who is sick
- Clean and disinfect frequently touched objects and surfaces
Safety for self & Others

When someone is sick at home

- Keep a separate bedroom and bathroom for a person who is sick (if possible).
- The person who is sick should stay separated from other people in the home (as much as possible).
- Wear disposable gloves and only clean the area around the person who is sick when needed, such as when the area is soiled.
- If bathroom is shared: The person who is sick should clean and disinfect after each use.
- For collecting dirty clothing, towels, linens and other items – wear gloves, don’t shake them and sanitize your hands right after.
- When washing, use the warmest appropriate water setting and dry items completely.
Signs & Symptoms of COVID-19

- Fever
- Cough (both dry and productive)
- Shortness of breath
- Fatigue
- Muscle pain

**Atypical**
Older adults and persons with medical conditions may have delayed presentation of fever and respiratory symptoms.
What should I do if I suspect that I or someone from my household has been exposed to COVID-19?

- If you believe that you or someone from your household has been exposed to COVID-19 please self-quarantine and call the hotline, **877-WELL (9355)** for further guidance.

- If **severely ill**, call the 811 emergency hotline or call ahead to the Accident and Emergency Department of your nearest hospital or District Health Facility for help and go in immediately.
ASSESSING YOUR WELLNESS

- SELF - ASSESSMENT TOOL
  - Designed by the Health Services Unit

- PHYSICAL
- SPIRITUAL
- OCCUPATIONAL
- INTELLECTUAL
- SOCIAL
- EMOTIONAL
LETS RECAP:

Maintaining your wellness means doing several things.

- **EXERCISE, NUTRITION** and a good state of **MENTAL HEALTH**
- It also means managing your **MONEY** well in these uncertain times
- Keeping your **ENVIRONMENT** at home, work and in-between **SAFE**
- Practicing the **6 PRINCIPLES OF PREVENTION**
- Pay special attention to **HAND HYGIENE**
- Wear your **FACE MASK** properly
- Know how to **DISINFECT** properly
- If you or your family members get sick, **YOU KNOW WHAT TO DO**
Thank you
for joining us