TIPS TO STAY HEALTHY

• Balanced diet
• Increase water intake
• Sun exposure, fresh air
• Mini breaks
• Decrease stress hormones and increase happy hormones-exercise, laugh, binge watch Netflix
• Talk/texting with your “person” who supports you and provides a positive foundation
• Sleep when you can
• Mediation, mindless brain games to decompress, stretching, yoga
• Take a break from news, negative social media and depressing stats (you are living the reality-break from it during off hours)
IMMUNE SYSTEM BOOSTERS

- CITRUS FRUITS
- RED BELL PEPPERS
- BROCCOLI
- GARLIC
- GINGER
- SPINACH
- YOGURT
- ALMONDS
- TURMERIC
- GREEN TEA
- PAPAYA
- KIWI
- POULTRY
- SUNFLOWER SEEDS
- SHELLFISH

Try to eat a balanced diet when you can, and snack on the foods above to improve your immune system. If able, be sure to remember your daily vitamins. Limit sugar intake.
TIPS TO DECREASE TRANSMISSION WORK TO HOME

1. Consider switching to scrubs - You can wash on hot, they dry faster, and they fit better under PPE.
   a. Change scrubs when transitioning between hospital and outpatient clinics/office.

2. Establish a routine of when and how you don and doff your scrubs
   a. If you have to shop or pick up kids after work, doff in hospital, place in a bag to carry home to wash, wash hands and put on clean clothes.
   b. If driving home, consider placing a towel on the driver seat to keep seat clean.
   c. Create a doffing area for hand washing, and with supplies to place dirty scrubs, towel from car, and a robe for getting to the shower. Wash hair daily.
   d. Don’t forget to disinfect your shoes.

3. Home life
   a. Consider social distancing to prevent potential spread of infection in case you are coming down with it.
   b. Consider utilizing one bathroom and one room no one else uses.
   c. Consider setting up separate sleeping areas.
   d. If you have a spouse or kids at home with autoimmune disease, consider moving them to a parent’s house or other safer living environment.
TIPS TO DECREASE TRANSMISSION WORK TO HOME

4. Disinfect phones, keys, purse/back-pack straps, credit cards (avoid cash) when used in hospital or out in public. Disinfect items when transitioning from hospital to outpatient clinics/office.

5. Disinfect all touch points in car, including garage door opener.

5. Limit your exposure to others (i.e. stores). Shop online when possible.

6. Wash hands frequently. Consider using facial wipes to wash off face at breaks.

7. Switch to glasses versus contacts at work.

8. Know your limits. Know when to ask for help.

9. Stay home if sick—it’s not the time to be a hero/martyr.