



FALL FAMILY NEWSLETTER

HELPING YOU & YOUR FAMILY REMAIN HAPPY AND HEALTHY
WHILE STAYING HOME



IN THIS ISSUE

Tips on Safe Gatherings • Healthy Recipes

How to Gather Safely During the Holidays

1. Organize small outdoor gatherings when possible.

Gatherings are limited to:

- 3 households with a maximum of 16 people (including the host and the guests), must be 2 hours or less in time and held outdoors

2. Choose an organizer or host.

- Make sure the person planning the gathering will follow safety guidelines and practices
- It is recommended that the host has the contact information for each person, in case contact tracing is needed later

3. Stay at home if you have symptoms of illness or are at high-risk.

- Anyone who develops symptoms within 48 hours after attending a gathering should notify the host or guests as soon as possible

4. Practice social distancing by staying 6 feet apart and wearing masks.

5. Practice healthy hygiene by washing hands often and not sharing items with others.

- Be careful when serving food, providing single-serve disposable plates, pick one person to serve food and drinks, ask guests to wash their hands/use hand sanitizer (before eating or getting food). Ordering food from a restaurant is also an option.

6. The more gatherings you attend, the higher risk for COVID-19 exposure.

For more information on COVID19 and where to get tested visit the Yolo County website: www.yolocounty.org



Turkey Makeovers for Turkey Leftovers

Add turkey leftovers to these recipes to make a quick and tasty dish!

Soups - Add turkey to many soup recipes like Minestrone

Salad - Add chopped turkey to any salad

Pizza - Top a pizza with chopped turkey

Dinners - Add a little turkey to a Turkey Stroganoff

(<https://foodhero.org/>) or substitute shredded chicken for shredded turkey in this Enchilada recipe

(<https://cachampionsforchange.cdph.ca.gov/>)



What is Physical Activity?

Physical Activity is anything that gets your body moving and helps us stay healthy (CDC). It helps us focus better, reduces stress, and improves our mood and sleep.

It is recommended that school age kids and teens get at least 60 minutes of physical activity each day. Let's help keep kids active while distance learning by:

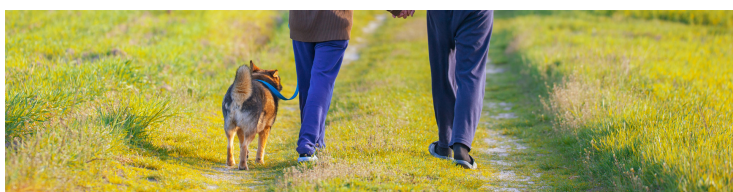
- Practicing yoga to improve flexibility
- Encouraging recess activities outdoors, such as ball games
- Having fall-themed scavenger hunts
- Doing sensory activities to improve mental skills
- Family walks to a nearby park

Staying active is important for adults too!

Adults are recommended to get at least 150 minutes of physical activity each week. Doing this is possible! This breaks down to 30 minutes a day, 5 times a week.

Here are some simple ideas for staying active:

- Walking/ running
- Gardening/ yard work
- Biking
- Strength training
- Aerobic dancing
- Limit sitting for long periods of time



Mental Health Tips



As the weather gets colder and we approach the holiday season, we encourage you and your family to practice healthy habits.

Set aside some time to practice mindfulness and focus on emotional health by:

- Journaling
- Writing letters to your loved ones
- Exploring feelings through art and coloring books
- Breathing exercises and meditation
- Mindful eating

Follow this link to enjoy coloring and crafts:
<https://www.dltk-kids.com/>



To access this newsletter in Spanish or Russian language, please scan the QR code by using the camera on your mobile device.



1. Open your camera application.
2. Point the camera at the barcode.
3. Click the link that appears on your phone.

Need help quitting tobacco?



Call 1-800-No-Butts for free help quitting tobacco

The California Smokers' Helpline offers free help, just call:
Smokers: 1-800-NO-BUTTS (1-800-662-8887)
Vape Users: 1-844-8-NO-VAPE (1-844-866-8273)
Chinese: 1-800-838-8917
Spanish: 1-800-45-NO-FUME (1-800-456-6386)

