

June 2020 - Issue 2

WASHINGTON COURTYARDS: HEALTHY EATING AND ACTIVE LIVING

A community newsletter brought to you
by Health Education Council

What's in this month's issue:

SUMMER ESSENTIALS - 2
RECIPES TO KEEP COOL - 2
COVID 19 UPDATES- 3 & 4
LOCAL UPDATES - 5



HOW TO PREPARE FOR SUMMER!

Summer is here! This is the time when we look forward to relaxing in a sunny place with a cold drink in hand. This may be the time to sit back and relax, but that doesn't mean healthy habits go out the window. Even adults tend to adopt a school's out attitude in summer. That's why this is a perfect time to improve your health in a fashion so seasonally laid back you'll barely notice the effort.

CONTINUED ON PAGE 2



SUMMER ESSENTIALS TO KEEP YOU HEALTHY

CONTINUED FROM PG. 1

Staying healthy this summer is all about simplicity. Here are five things to remember this summer to help you take care of your health.

1. Get enough rest. Spring and summer's longer days are generally a plus, but they can make it harder to fall asleep, especially for those who have an earlier bedtime. Keep your room cool and shades pulled to help make your sleep more comfortable.
2. Continue to move your body. Added heat can make exercise uncomfortable in the summer months. Try getting some exercise in the morning hours before the sun is at its peak. Or break up your day and go for shorter walk breaks throughout your day.
3. Stay hydrated. Aim to drink more than the standard eight glasses a day. And get creative: put some frozen berries in your water or even some mint leaves and lime slices. Opt for snacks with high-water content such as watermelon, cantaloupe, tomatoes, and cucumbers.
4. Protect your skin. Look for at least an SPF 30 and wear it all the time! Even if you are just running errands or going for a short walk, ultraviolet exposure increases somewhere between four and 10 percent for every 1,000 feet above sea level.
5. Protect yourself from summer pests. Keep those pests at bay by wearing long sleeves and pants whenever possible, or apply natural insect repellents when spending time outside.

RECIPE TO KEEP COOL:



TOMATO AND MOZZARELLA PASTA

Ingredients:

- 1 pound pasta, such as rigatoni
- 5 tablespoons extra virgin olive oil
- 1 or 2 cloves garlic, finely chopped
- 5 or 6 small tomatoes chopped
- 8 ounces fresh mozzarella cheese, torn into small pieces
- ¼ cup chopped fresh basil leaves
- ¼ cup chopped fresh Italian parsley leaves
- freshly ground black pepper

Directions:

- Cook the pasta according to package directions.
- Meanwhile, in a large bowl, combine the oil, garlic, tomatoes, mozzarella, basil, and parsley and toss to combine.
- Drain the pasta, add to the bowl, and toss to coat, adding more oil if necessary.
- Season with pepper to taste and pass grated pecorino at the table.





UPDATES ON COVID-19

SOURCE:YOLO COUNTY WEBSITE
(YOLOCOUNTY.ORG); OFFICIAL CALIFORNIA
STATE GOVERNMENT WEBSITE (COVID19.CA.GOV)

“THE THREAT FROM THE VIRUS
IS STILL VERY REAL.
PLEASE AVOID CROWDS
AND LARGE GATHERINGS,
STAY AT HOME,
WASH YOUR HANDS
REGULARLY
AND USE FACE MASKS.
WE MUST NOT LET
OUR GUARD DOWN.”

-GRAY SANDY,
YOLO COUNTY BOARD CHAIR

The current shelter-in-place order for Yolo County has been extended until May 31, 2020 (or until it is extended, rescinded, superseded or amended in writing by the Yolo County Public Health Officer). The Public Health Order reinforces the direction for all individuals to stay home and extends the terms of the order to increase social distancing and reducing person-to-person contact to further slow transmission of COVID-19. For additional information, visit: www.yolocounty.org/coronavirus-roadmap



Yolo County will be progressively aligning with the California's state order and its Four Stages in the 'Roadmap to Resilience'. On May 8, 2020, California moved into an 'early part of Stage 2' and modified the state's Stay-at-Home order. 'Early Stage 2' means safely re-opening the following sectors with modifications: retail (curbside and delivery only), related logistics and manufacturing, office workplaces (if telecommuting is unavailable), limited personal services, outdoor museums, child care, and essential businesses. The 'Stage 2' expansion will be phased in gradually. Some communities may move through Stage 2 faster if they are able to show greater progress. Counties that have met the readiness criteria and worked with the California Department of Public Health can open more workplaces as outlined on the County Variance page.

For more information, visit: www.covid19.ca.gov/roadmap/#stage-3



MORE UPDATES ON COVID-19

SOURCE: OFFICIAL CALIFORNIA
STATE GOVERNMENT WEBSITE (COVID19.CA.GOV)

Are you curious about when California will move into the next phase?
Look for these key indicators below:

6 Indicators for Modifying Stay-at-Home Order

- **Ability to test, contact trace, isolate, and support the exposed**
- **Ability to protect those at high risk for COVID-19**
- **Surge capacity for hospital and health systems**
- **Therapeutic development to meet the demand**
- **Ability of businesses, schools, and childcare facilities to support physical distancing**
- **Determination of when to reinstitute measures like Stay-At-Home**

COVID-19: PREGNANT, BREASTFEEDING OR CARING FOR YOUNG CHILDREN

SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION

Although there are currently no data showing that COVID-19 affects pregnant people differently than others, we do know that pregnant people are at greater risk of getting sick from other respiratory viruses than people who are not pregnant. Therefore, if you are pregnant, be mindful about reducing your risk of getting sick. The CDC recommends face coverings for everyone two years and older. Because of the dangers of suffocation, do not put a face covering on those younger than 2. Parents and other caregivers should keep in mind that wearing a cloth face covering is not a substitute for social distancing, frequent hand washing, or other everyday preventive actions – please wear your cloth face covering in addition to practicing other prevention steps.

It is important to take care of yourself and your baby during pregnancy and after delivery. Do not skip your prenatal care appointments or postpartum appointments. If you are concerned about attending your appointment due to COVID-19, talk to your healthcare provider. You, along with your family and healthcare providers, should decide whether and how to start or continue breastfeeding. Children with COVID-19 generally have mild, cold-like symptoms, such as fever, runny nose, and cough. Vomiting and diarrhea have also been reported in some children. There is much more to be learned about how this disease affects children.



LOCAL COMMUNITY UPDATES

In response to the COVID-19 outbreak, Yolo County Food Bank is offering a free, "no contact" food box delivery for low income senior citizens and other Yolo County residents with underlying health conditions who are not able to leave their homes. This service provides a weekly home delivery food box, supplemented with a bag of fresh produce, dairy products, and other essential items.

If you believe that you or a family member qualifies, contact Richelle Cullen at: rcullen@healthedcouncil.org or (916) 556-3344



CALIFORNIA ACCOUNTABLE COMMUNITIES FOR HEALTH INITIATIVE



...The Next Generation of Health System Transformation

HEC would also like to extend an open invitation to the next virtual CACHI (California Accountable Communities for Health Initiative) meeting on June 3, 2020 at 1:30 pm, where the you can connect with local providers about their organization's responses to the COVID-19 pandemic and share resources with each other. Please call HEC at (916) 556-3344 to RSVP and we will send you the Zoom app link to the video meeting.

THINKING ABOUT QUITTING SMOKING?

Call 1-800-NoButts (1-800-662-8887) for a free nicotine patch starter kit. Quitting smoking can decrease your risk of developing cancer or having a heart attack. It is one of the best things you can do to improve your health. The California Smokers' Helpline has counselors available in five different languages to help you quit.

English: 1-800-NO-BUTTS (1-800-662-8887)

Chinese: 1-800-838-8917

Korean: 1-800-556-5564

Spanish: 1-800-45-NO-FUME (1-800-456-6386)

Vietnamese: 1-800-778-8440

You can also get help by texting "Quit Smoking," to 66819.

For information on food assistance, mental health, financial and other resources, please contact us at (916) 556-3344.



**Smoking & Vaping
could make you
more susceptible
to COVID-19**

Protect your lungs.

Quit Smoking & Vaping.

