

Edison Public Schools Health and Wellness Newsletter



HAND
WASHING



TISSUES



ALCOHOL
BASED
CLEANERS

The CDC recommends the following:

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.



Wellness Websites

American Red Cross

<https://www.redcross.org/>

American Heart Association

<https://www.heart.org/en>

Eat Right

<https://www.eatright.org/coronavirus>

Runners World

<https://www.runnersworld.com/news/a31439358/running-during-coronavirus/>

SHAPE America

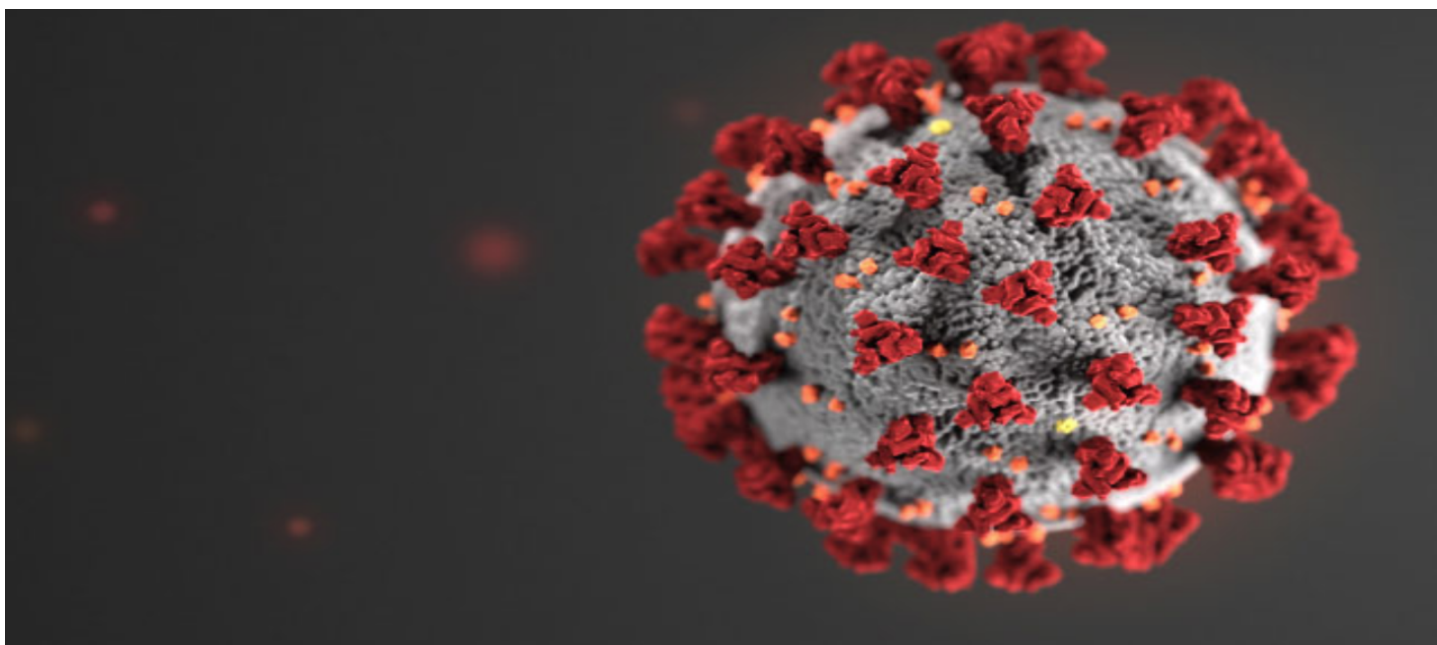
<https://www.shapeamerica.org/>

WebMD

<https://www.webmd.com/>

World Health Organization

<https://www.who.int/>



If you think you have been exposed or have questions:

Call: 2-1-1

Call (24/7): 1-800-962-1253

Text: NJCOVID to 898-211

Text: your zip code to 898-211 for live text assistance

1. Meditate
2. Practice
3. Muscle Relaxation
4. Focus on Breathing
5. Take a Walk
6. Enjoy Aromatherapy
7. Create Artwork
8. Eat a Balanced Diet
9. Practice Yoga

<https://covid19.nj.gov/>

<https://www.nj.gov/health/cd/topics/ncov.shtml>

For a change of scenery, visit Google Arts and Culture to:

Take a Virtual tour of Famous locations like the Coliseum in Rome

Listen to classical music at Carnegie Hall

Watch an opera at the Metropolitan Opera House

Enjoy Nature and Wildlife virtually:

Take a tour of National Parks

Watch brown bears fishing for salmon on [Explore.org](#)

Visit a zoo or botanical garden and see how nature and wildlife are getting ready for Spring

A message from a company called *Stop, Breathe and Think*:

Educator Family,

Our team has put together a handful of resources for parents: whether you are a parent AND a teacher, or you've been looking for resources to share with your student's families at home, we've got you covered.

<https://www.stopbreathethink.com/educators/>

**If you need
someone to
talk to:**

Anxiety Management EAP:

Gloria Hynson

EAP/SWP Piscataway

(732) 235-5930

hynsongl@ubhc.rutgers.edu

gloria.hynson@rutgers.edu

Rutgers Behavioral Health:

Denise Williams

daw237@ubhc.rutgers.edu



**Need to meet with
your co-workers or
friends?**

<https://zoom.us/>



Please see the links below for additional information:

The Centers for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov>

<https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>

<https://twitter.com/CDCgov>

State & Territorial Health Department Websites

<https://www.cdc.gov/publichealthgateway/healthdirectories/healthdepartments.html>

The World Health Organization

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

<https://www.who.int/health-topics/coronavirus>

<https://twitter.com/WHO>

Children and the Coronavirus

<https://childmind.org/article/talking-to-kids-about-the-coronavirus>

<https://www.nbcnews.com/better/lifestyle/how-talk-your-kids-about-coronavirus-ease-their-fears-ncna1129851>

<https://www.healthline.com/health-news/how-to-talk-to-kids-about-the-coronavirus>

<https://parenting.nytimes.com/childrens-health/coronavirus-kids-talk>

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/children-faq.html>

<https://kidshealth.org/en/parents/hand-washing.html>

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

<https://www.npr.org/2020/03/13/814615866/coronavirus-and-parenting-what-you-need-to-know-now>

WebMD

<https://www.webmd.com/lung/coronavirus#1>

National Institutes of Health

<https://www.nih.gov/health-information/coronavirus>

Medical News Today

<https://www.medicalnewstoday.com/articles/256521>

Mayo Clinic

<https://www.mayoclinic.org/diseases-conditions/coronavirus/expert-answers/novel-coronavirus/faq-20478727>

News Day

<https://www.newsday.com/news/health/coronavirus-virus-questions-answers-myths-1.41248807>

CNet

<https://www.cnet.com/how-to/how-to-protect-yourself-from-coronavirus>

<https://www.cnet.com/how-to/which-face-masks-protect-against-coronavirus>

Time

<https://time.com/5775359/coronavirus-prevention-tips>

The New York Times

<https://www.nytimes.com/article/what-is-coronavirus.html>

Below we have included information that may be useful for people looking to self-isolate, self-quarantine, or minimize public contact. For further information, please click on the websites below.

Information Regarding Quarantining, Self-Isolation, and Social Distancing:**U.S. Department of Health & Human Services**

<https://www.hhs.gov/answers/public-health-and-safety/what-is-the-difference-between-isolation-and-quarantine/index.html>

Centers for Disease Control and Prevention

<https://www.cdc.gov/quarantine/index.html>

Wired

<https://www.wired.com/story/what-is-a-quarantine>

<https://www.wired.com/story/whats-social-distancing-flattening-curve-covid-19-questions>

<https://www.wired.com/story/covid-19-gear-supplies-guide>

LiveScience

<https://www.livescience.com/quarantine.html>

NPR

<https://www.npr.org/sections/health-shots/2020/03/16/816490025/quarantine-self-isolation-social-distancing-what-they-mean-and-when-to-do-them>

<https://www.npr.org/sections/health-shots/2020/03/17/817251610/its-time-to-get-serious-about-social-distancing-here-s-how>

WebMD

<https://www.webmd.com/a-to-z-guides/qa/what-is-quarantine>

VeryWell Health

<https://www.verywellhealth.com/what-happens-during-a-quarantine-4799239>

Cone Health

<https://www.conehealth.com/services/primary-care/social-distancing-faq-how-it-helps-prevent-covid-19-coronavirus/>

John Hopkins Medicine

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-social-distancing-and-self-quarantine>

Red Cross

<https://www.redcross.org/about-us/news-and-events/news/2020/coronavirus-what-social-distancing-means.html>

[Health.com](https://www.health.com/condition/infectious-diseases/coronavirus/what-is-social-distancing)

<https://www.health.com/condition/infectious-diseases/coronavirus/what-is-social-distancing>

TIME

<https://time.com/5796642/how-to-quarantine-yourself-coronavirus>

Substance Abuse and Mental Health Services Administration

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

At Home Activities:

USA Today

<https://www.usatoday.com/story/life/health-wellness/2020/03/16/coronavirus-quarantine-100-things-do-while-trapped-inside/5054632002>

Psychology Today

<https://www.psychologytoday.com/us/blog/intersections/202003/8-things-do-while-under-quarantine>

Urban Matter

<https://urbanmatter.com/chicago/snowed-in>

Happier Human

<https://www.happierhuman.com/fun-things-to-do-at-home>

The Simple Dollar

<https://www.thesimpledollar.com/financial-wellness/useful-things-to-do-when-youre-stuck-at-home>

Mental Health Tips:

Centers for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

World Health Organization

https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2

Substance Abuse and Mental Health Services Administration

<https://store.samhsa.gov/system/files/sma14-4894.pdf>

Partners in Health

<https://www.pih.org/article/10-mental-health-tips-coronavirus-social-distancing>

Psychology Today

<https://www.psychologytoday.com/us/blog/talking-about-health/202003/mental-health-in-time-pandemic>

Anxiety and Depression Association of America

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/covid-19-lockdown-guide-how-manage-anxiety-and>

Wired

<https://www.wired.com/story/how-to-stop-coronavirus-anxiety-spiral>

Tips for Working from Home:

Entrepreneur

<https://www.entrepreneur.com/article/253800>

Thrive Global

<https://thriveglobal.com/stories/the-health-benefits-of-working-from-home>

[Flexjobs.com](https://www.flexjobs.com)

<https://www.flexjobs.com/blog/post/working-from-home-outbreak>

Business Insider

<https://www.businessinsider.com/work-from-home-tips-health-2019-4>

<https://www.businessinsider.com/how-to-work-from-home-during-the-coronavirus-outbreak-2020-3>

The Muse

<https://www.themuse.com/advice/coronavirus-work-from-home-tips>

The Verge

<https://www.theverge.com/2020/3/11/21171349/remote-work-how-to-home-coronavirus-quarantine-productivity-tips>

Exercising at Home:

Very Well Fit

<https://www.verywellfit.com/best-home-workouts-3495490>

Healthline

<https://www.healthline.com/health/fitness-exercise/at-home-workouts>

WebMD

<https://www.webmd.com/fitness-exercise/features/no-gym-required-how-to-get-fit-at-home#1>

Good Housekeeping

<https://www.goodhousekeeping.com/health/fitness/a31478709/home-workout>

American Council on Fitness

<https://www.acefitness.org/education-and-resources/lifestyle/blog/6593/top-25-at-home-exercises>

Men's Health

<https://www.menshealth.com/uk/building-muscle/a754099/the-15-best-beginners-exercises-to-do-at-home>

[Inverse.com](https://www.inverse.com)

<https://www.inverse.com/mind-body/exercise-coronavirus-how-to-workout-safely-in-a-pandemic>

Food Delivery Services:

Uber Eats

<https://www.ubereats.com/en-US>

EatStreet

<https://eatstreet.com>

Bring Me That

<https://www.bringmethat.com>

[Waiter.com](https://www.waiter.com)

<https://www.waiter.com>

Postmates

<https://postmates.com/feed>

Postmates has implemented non-contact deliveries. Further information can be found at <https://support.postmates.com/buyer/articles/360040220192-article-Non-contact-deliveries>.

Grocery Delivery Services:

Walmart

<https://grocery.walmart.com>

Instacart

<https://www.instacart.com>

Shipt

<https://www.shipt.com>

Fresh Direct

<https://www.freshdirect.com>

Fresh Direct has implemented touchless deliveries. Further information can be found at https://www.freshdirect.com/help/faq_home.jsp?page=faq_touchless_delivery.