

# COVID-19 FACTS

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Here's what you should know about the persistence of Coronaviruses on surface types.

Plastic

*5 days*

Aluminum

*2-8 hours*

Paper

*4-5 days*

Surgical

Gloves

*8 hours*

Glass

*4 days*

Steel

*48 hours*

Wood

*4 days*

# SELF CARE

In addition to all the precautionary measures we have adopted, we want to remind you of the importance of taking care of you. When we are overloaded with stress we may experience:

- Muscle-fatigue
- Anxiety
- Difficulty sleeping
- Weakened immune system
- Racing heart
- Headaches
- Body aches
- General tiredness

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Consider these recommendations in your daily routine for your health and wellness:

- Take a multivitamin
- Drink at least 64 ounces of water per day
- Step away from electronics and news broadcasts every couple hours
- Eat a healthy meal — good fats fuel your brain, fruits and vegetables offer needed vitamins
- Be careful about what you touch — consider that the person who used it before never washes their hands (filthy)
- Relax your mind and body — stretch, walk, yoga, play a game
- Smile

To be there for others, we must first take care of ourselves. **Be well.**