



Coexist with Covid-19

Covid-19 has and will continue to impact our lives socially, psychologically and economically. We have to adopt a new lifestyle in which we learn to live, work, exercise, socialize and much more. This new lifestyle must be based on rationality, science, and risk assessment. It is crucial that we follow this in order to continue to live well. It may take at least one year for the vaccine to be fully developed, since we can't eliminate corona, the only way is to be disciplined and coexist with it.

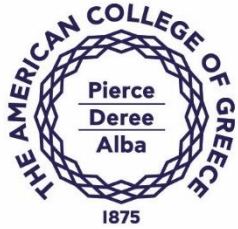
The Three Basic principles are:

- Wear a mask
- Wash your hands
- Social distance

General Guidelines

1. Spend as much time as possible outdoors: meet friends, study...etc.
2. Ask the person you are speaking with to wear their mask properly
3. Use online shopping, or shop during the least crowded hours
4. Walk, cycle or take public transportation at off peak hours
5. Use video conferencing
6. Keep windows and doors open when meeting face to face
7. Protect others, stay home if you have symptoms
8. Notify close contacts if you become ill
9. Keep social distancing when eating with others
10. Avoid closed and crowded spaces: elevators, bathrooms
11. Do not travel to countries or places where the virus is endemic
12. Discover destinations close to home



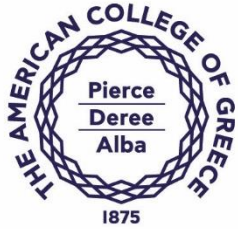


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Wellness Guidelines

- Drink water and stay hydrated.
- Eat a balanced diet: complex carbohydrates, fruits, vegetables, lean protein and fermented food
- Stay away from processed food.
- Boost your immune system: Take vitamins and minerals if you are not eating a balanced diet. Particularly important are Vitamin D3, Vitamin C and Zinc **Boost your immune system...is it possible**
- Exercise regularly
- Sleep from 7-9 hours
- Spend time outdoors and under the sun
- Don't smoke/vape
- Cut down on alcohol
- Reduce stress, anxiety
- Take steps to avoid infection (mask, wash hands, social distancing, room ventilating)



Know the Facts

Mind & Spirit



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Healthy Lungs

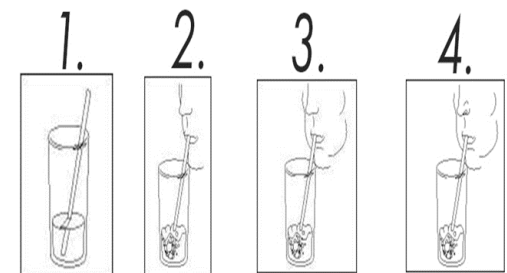
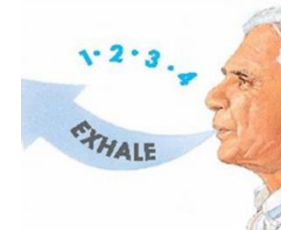
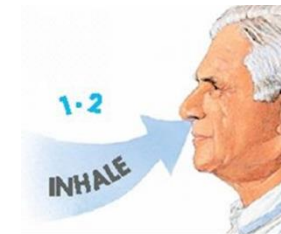
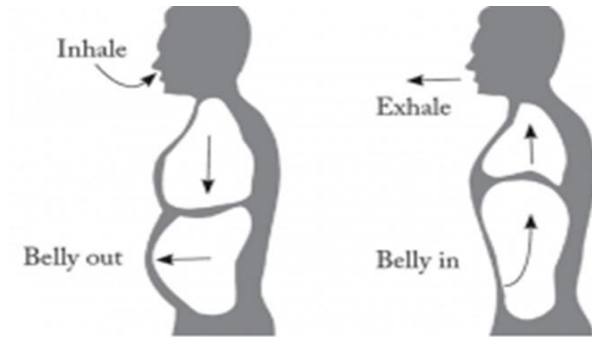
Every day, we use our lungs to breathe about 25,000 times, when our lungs are not in a good shape we limit our body's ability to take in oxygen, crucial for cell function. We can keep our lungs in tip top condition by not smoking, avoiding secondhand smoke or environmental irritants and improving indoor air quality; by eating healthy, exercising regularly, getting enough sleep and by strengthening our respiratory muscles with the following exercises.

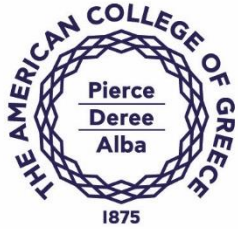
1. Diaphragmatic breathing to strengthen the diaphragm muscle and help the lungs work efficiently. To do this exercise lie down on the floor and place one hand on your belly. Inhale through the nose engage the abdominals by enlarging the belly and not expanding the chest. Exhale, press down on your abdomen bringing your naval to your spine.

2. Pursed-Lip Breathing an exercise that is easy and can be done anywhere at any time. The exercise involves inhaling, slowly, through the nose and exhaling through pursed lips. The goal is to take twice as long breathing out as breathing in, so if you inhale for five seconds, you'll want to exhale for 10 seconds.

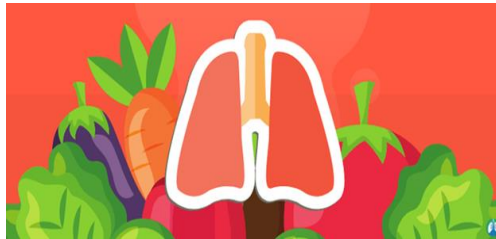
3. Laughing & Singing Any activity that works the abdominal muscles also works the lungs like laughing and singing. Both activities increase your lung capacity by forcing stale air out of the lungs so fresh air can enter.

4. Blowing Balloons & Bubbles Both exercises workout our respiratory system through exercising the diaphragm muscle which helps increase lung capacity and strength.





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Good for lung health

- Pumpkin (Carotenoid)
- Papayas
- Spinach & kale
- Yellow peppers
- Guava
- Black beans & lentils (folate)
- Wild salmon
- Sweet potatoes.
- Beets & beet greens.
- Apples
- Turmeric
- Tomato and tomato products
- Blueberries
- Green tea

Words for the wise

- Covid-19 has and will continue to impact our lives at all levels.
- It may take at least one year for the vaccine to be fully developed. Since we can't eliminate Covid-19 the only way is to be disciplined and coexist with it.
- It is crucial that we follow a new life style in order to continue living well and healthy.
- Stop smoking, avoid secondhand smoke or environmental irritants and improving indoor air quality
- Exercise frequently, sleep well, follow a healthy diet
- Take steps to avoid infection (mask, washing hands, social distancing)
- Strengthen your respiratory muscles with breathing exercises

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