



HEALTH & WELLNESS BLOG

Most of us have been on lockdown since mid-March. Isolation fatigue has set in! Only God knows how long the COVID-19 pandemic will last, but let's be real: we can't stay indoors forever, right? At some point, we will either have to travel or desire to travel. Allow me to share some tips with you:

1. Wear a mask AND practice social distancing as much as humanly possible. Notice I said, "Wear a mask AND practice social distancing." It is NOT an either/or option. The pandemic surge that the medical experts and scientists have been talking about has already begun to occur. Yes, we walk BY FAITH but we also walk IN WISDOM!
2. Do your research before leaving home. Check out the amenities of the hotel, AirBnB, etc. beforehand to see if there are refrigerators/kitchenettes available so you can prepare and store your food from home. Also, ask them what measures they have in place for frequent cleaning and disinfecting elevators, luggage carts, etc.
3. Meal prep the day before and place your foods in a cooler on ice to take with you. If you desire to eat at restaurants on the road or once you reach your destination, research those as well to see what safety measures they have in place to prevent/minimize the spread of COVID.
4. Take plenty of fruits, raw veggies to snack on. This will limit the amount of times you need to "eat out." If/when you do eat out, order salads, veggie plates or fresh seafood like salmon which is full of Omega-3's.
5. Be self-sufficient and straighten up your room yourself to prevent housekeeping personnel from entering your room to further your practice of social distancing. Place garbage cans outside your door.
6. Heading to the beach? Go between 0600 - 0800 (early morning). Hubby and I found that it's easier to remain 6 or more feet apart from others because hardly anyone is up that early when on vacation except for those of us who are exercisers and wish to get it in before it gets really hot outside. You can also reserve an oceanfront room with balcony and see the beach from the comfort of your room, thereby furthering social distancing practices.

Remember, many people are walking around with COVID-19 asymptomatic (i.e., without any signs or symptoms.) The Bible says that we are to be "wise as serpents and harmless as doves." We don't want to cause harm to ourselves or others. Implementing these interventions may not necessarily prevent COVID-19 but according to the medical and scientific experts, they definitely decrease the spread of, as well as your risk of, being infected with it.

Respectfully submitted by Minister (Nurse Coach) Jean Turner, RN