

Maintaining Preventive Care During Covid-19

Many providers have developed new strategies to provide healthcare to their patients during the pandemic. Some types of healthcare must be prioritized and often times, in-person visits are necessary. Less urgent healthcare can be provided in other ways, such as telehealth or email.



Practicing good self-care habits can keep you healthy and prevent illness:

- Wear a mask when in public places.
- Wash your hands frequently.
- Take Vitamin C and antioxidants to maintain a strong immune system.
- Choose heart healthy, low cholesterol, high fiber foods.
- Maintain at-home screenings and report concerns to your provider.
- Drink at least eight glasses of water per day.
- Use sunscreen of at least SPF 20 every day.
- Practice stress relief, such as deep breathing, yoga, or meditation
- Sleep 7-9 hours each night.
- Get physical activity daily.



*Maintaining your health is more important than ever. Your healthcare provider is still available to address any concerns you may have.