

# SAFELY NAVIGATING COVID-19:

## Balancing Mental and Physical Wellbeing While Social Distancing

Families are having discussions every day about COVID-19, especially in regard to **keeping our senior adults safe**. United Way of Hall County hosted a panel of medical experts to address common questions they receive from their patients as they relate balancing **safety** and **human connection, maintaining mental wellbeing** during an isolated time, and weighing **how to make the best decisions** to keep you and your loved ones safe. **Below are some of the highlights from the panel discussion.**

### What precautions can I take for myself during the current pandemic?

- Wear a **mask**
- **Wash** and sanitize your hands
- Keep a **safe distance**
- Get early **testing**



### Tips on wearing a mask

- Masks **protect you** while also protecting **others around you**
- Wear a **cloth mask**, which can be **washed after each use**
- **Cover your nose and mouth** by wearing a mask **above your nose and under your chin**.
- **Do NOT reuse** a mask that **cannot be washed**



REACH OUT

you're not alone.



United Way of Hall County

### Social distancing vs. Sheltering in Place

**Social distancing** – Staying far enough away from other people (at least 6 feet) so that the virus cannot come in contact with you.



**Sheltering in Place** – Staying in your home unless you have to do essential business



### Tips to Manage Anxiety during a Pandemic

- **Identify early signs of anxiety and depression**
  - Loss or increase in weight
  - Abnormal sleep pattern
  - Decrease in drive and energy
- **Have a well-balanced diet**
- **Participate in physical activity by getting up and moving around**
- **Drink plenty of water**
- **Participate in socially distant activities and hobbies**
- **Contact your health professional**
- **Stay Connected with Loved Ones and Friends**
  - Use video calling technology (Facetime, Skype, Zoom, and more)
  - Text frequently
  - Make phone calls



### Activities to do in Quarantine

- Gardening
- Knitting
- Baking
- Writing
- Learning something new
- Reading
- Going outside
- Playing games
- Hiking
- Puzzles
- Drawing
- Coloring
- Painting
- **And many more!**



### Guest panelists:

**Parul Dev, MD**, Psychiatry, NGPG, **Swati Gaur, MD**, Geriatric Medicine, NGHS  
**Antonio Rios, MD**, Internal Medicine, NGPG

### To watch the full panel visit:

[www.unitedwayhallcounty.org/reachout/senioradultpanels/](http://www.unitedwayhallcounty.org/reachout/senioradultpanels/) or click the QR code.

