

LMACS Health and Wellness Update



How Do Faculty Stay Healthy? This week we hear from Mr. Lamey and Dr. McDevitt

Mr. Lamey: To keep busy the Lameys have been taking walks and getting outside as much as possible during this time. We have also completed a few puzzles and are thinking of getting a dog! I am out numbered on this issue, but I think they may have convinced me as "we are looking into it". I hope everyone is healthy and safe!



Dr. McDevitt: So, Ms. Hendl suggests we put a mask on and get outdoors for some exercise. I thought that was a good idea...so off I went for a walk. I met a mom with her 4 or 5-year-old son and I said hello to both of them (it's nice to be friendly) the little boy looked up and burst out laughing! He obviously could not appreciate how cute I look in my mask and baseball hat and my mirrored sunglasses. I still see him every so often and he does the same thing. Smart kid!!!



Health Update from Ms. Hendl

School will be out for the summer on June 10th. Whether you are working or thinking of going to the beach or participating in other activities, take precautions to prevent infection of COVID-19. As places begin to open, there are some activities that pose more risk than others.

- If you decide to go to the beach, avoid the crowds by going earlier in the day or later in the afternoon.
- If you go camping, know and trust that your group has been taking precautions to avoid COVID-19.
- If you want to visit your favorite restaurant, your risk is lower if tables are reduced and spaced apart in an outdoor setting.
- If you decide to go for that run or walk outside, go when there are fewer people such as the earlier morning.
- If you are going shopping, don't linger, avoid crowded times, wear a face covering and bring hand sanitizer to use after touching surfaces such as handrails.

Generally, outside activities rather than inside activities and places with fewer people both tend to have less risk. If you feel comfortable, you should take advantage of getting out and doing things this summer. Continue to be aware, wash your hands, physically distance and wear a face covering. This remains to be important in helping to decrease the spread of COVID-19. Be healthy this summer. See you all in the fall!

-Ms Hendl