

# LMACS Health and Wellness Update



## How Do Faculty Stay Healthy? This week we hear from Ms. Chen

Since school closed mid-March, I've been working on a Disney character jigsaw puzzle, trying to bake and cook with random ingredients (ex. Almond flour), cutting out scrap fabric to make a quilt, doing lots of walks with my two dogs, video chatting with friends and family, and teaching myself and my son basic Chinese words through YouTube videos.



## Mindfulness Tip

### Mindful Messaging - by Gina Spiegel

Be thoughtful when you are going to send an email, text, or post.

Take a pause before you hit send. Read it and ask yourself, "Do I really want to say this?" This can prevent a lot of unnecessary drama.

## Important Numbers

1. Lahey Behavioral Health: 1-800-830-5177. They are available 24/7.
2. Samaritans of Merrimack Valley Crisis Help Line: 978-327-6607 and 1-888-912-4673

## Health Highlights from Ms. Hendl

Governor Charlie Baker announced that Massachusetts is going to begin opening businesses in a 4-phase approach. As businesses such as fitness centers, clothing stores, restaurants, hair salons begin to slowly open again, we need to continue to use precautions. COVID-19 spreads through respiratory droplets of an infected person. It is possible for someone to have COVID-19 and not have symptoms but they can still spread the virus. Therefore, it is important to continue to:

- 1- Wear a face covering -face coverings help prevent the respiratory droplets from getting in the air.
- 2- Wash your hands frequently with warm, soapy water.
- 3- Use hand sanitizer if washing your hands is not possible.
- 4- Avoid touching your face- this is how those infected respiratory droplets that may land on objects, such as door knobs, could get into your mouth or eyes and infect you.
- 5- Physically distance yourself from people -at least 6 feet (about the length of a basketball player laying down).
- 6- Be respectful and kind to the workers of the business.
- 7- Stay home when you are sick

Call your doctor or dial 211 if you have questions or if you are concerned you may have COVID-19. It may take some time to get back to our "new normal". Until then, we need to continue using precautions as we support our businesses and the conveniences they provide.