

LMACS Health and Wellness Update



How Do Faculty Stay Healthy? This week we hear from Mr. K

A person's mind does need breaks from intellectual tasks: some healthy downtime. Occasionally, when Mr. K is not super busy with LMACS remote learning, he enjoys catching an episode of WWE! Pro wrestling is the only sport still on television, and he has been a fan since childhood. Watching WWE is also an activity his eight-year-old son, Logan, enjoys to do right beside his dad.



Mindfulness Tip

Fresh Start - by Gina Spiegel

Today is a new day.
You don't need to let anything
from yesterday affect you
negatively today.

Think:
Is there anything from
yesterday clouding your day
today? If so, you can let it go.

yesterday is over. Be in the present with a
fresh day today.

Health Highlights from Ms. Hendl

Hi Everyone,
Seasonal allergies are at an all-time high this year due to the recent weather conditions. Seasonal allergies affect many people each year, however, this year it is important to differentiate between seasonal allergies and the COVID-19. Is it seasonal allergies or COVID-19? Below is a chart showing the comparison:

| | <u>Seasonal Allergies</u> | <u>COVID- 19</u> |
|--------------------------|--|--|
| Cause | Trees, Pollen, Grasses, Flowers, etc | Infection with the germ that causes COVID-19, SARS-CoV-2 virus |
| Is it contagious? | No | Yes! It is spread by respiratory droplets from an infected person |
| Common symptoms | <i>Occur soon after exposure-</i> Sneezing, coughing, watery & itchy eyes, runny nose | <i>May occur 2-14 days after exposure-</i> Fever, cough, muscle pain, chills, trouble breathing, new loss of taste or smell, sore throat. Not as common but have been reported- nausea, vomiting or diarrhea https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html |
| Treatment | Allergy medications(antihistamines) such as claritin or zyrtec | Fever reducer (acetaminophen), fluids, rest, stay in touch with your doctor |
| Prevention | Avoid triggers that cause allergies, keep windows closed, take medication prescribed by doctor before symptoms begin | Frequent hand washing, don't touch your face, physical distancing, clean & disinfect surfaces |