

LMACS Health and Wellness Update



How Do Faculty Stay Healthy? This week we hear from Mrs. Robinson and Ms. Monoxolos

Mrs. Robinson: To stay positive and productive during this pandemic, Mrs. Robinson has been doing a lot of running and walking, which always energizes her and helps her fight stress. In addition, she has been reading a lot of books and working on jigsaw puzzles with her kids. Finally, she has been working hard to stay in touch with her family, friends, coworkers, and students, so she doesn't feel disconnected from the people who matter the most to her.



Ms. Monoxolos: I have a Zoom meeting with my family every Friday. There is a theme each time so we have something "fun" to talk about instead of the virus. We've done beach day, crazy hat, game theme, to name a few. Almost like a "Spirit" week at school!



Health Update from Ms. Hendl

This week I have put together a fact and myth chart. If you have heard anything and/or have concerns about COVID-19 feel free to send me an email. Stay healthy.

Myth	Fact
<i>Taking antibiotics will prevent and treat COVID-19</i>	Antibiotics are useless against COVID-19 since it is a virus
<i>Wearing a face covering prevents you from getting COVID-19</i>	A properly fitting face covering will help prevent you from passing the virus that causes COVID-19 to someone else
<i>Eating garlic will help prevent someone from getting COVID-19</i>	Washing your hands well & frequently, not touching your face and physical distancing will help prevent a person from getting COVID-19
<i>If someone doesn't have symptoms, it is safe to hang out with them</i>	If someone doesn't have symptoms they still may have COVID-19. Their symptoms may not be showing yet
<i>Mosquitos or ticks spread the virus that causes COVID-19</i>	Insects can not spread the virus that causes COVID-19
<i>Cleaning yourself or foods with bleach or rubbing alcohol will kill the virus that causes COVID-19</i>	Daily hygiene practices and washing fruits & vegetables well with water is sufficient. Using bleach or rubbing alcohol may cause serious health concerns