



April 2020



The information on COVID-19 is continually being updated as the spread of the disease unfolds and we learn more about it. So, we are not going to try and give you detailed instructions for what to do. Instead, we are sharing these simple actions that are the most important with any contagious disease, including coronavirus.

- ◆ If you are sick, stay home.
- ◆ If you get sick, go home and stay home.
- ◆ Frequently wash your hands. Follow with lotion.
- ◆ Try not to touch your face, especially around or in the eyes, nose and mouth.
- ◆ Avoid crowds.
- ◆ Follow the recommendations of the Centers for Disease Control (CDC) and your state officials.
- ◆ Get your information from dependable sources.

The best thing you can do to prevent the spread is to properly wash your hands. Here is the description, direct from the Centers for Disease Control.

- ◆ Wet your hands with clean, running water (warm or cold) then turn off the tap.
- ◆ Apply soap. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- ◆ Scrub your hands for at least 20 seconds (the time it takes to sing the “Happy Birthday” song twice).
- ◆ Follow with lotion to make sure your hands don't become dry and cracked. Cracks in the hands can invite viruses.

Forget the masks. Health officials around the world have asked the public not to buy face masks if they are healthy and not caring for someone who is ill.

Handshakes? Skip them for now. Give a wave instead. In China, some videos suggest Chinese are doing a foot bump.

### Treatments for COVID-19

There is a lot of misinformation being spread on the internet and social media about treatments for COVID-19. Let's make it very clear:

There is no specific medicine, supplement, vitamin or other concoction to prevent or treat coronavirus disease (COVID-19).

It will take months, or longer, to find and test safe, effective treatments.

So don't fall for the scams touting “miracle virus cure”, “Corona Virus treatment”, “Vitamin to Prevent COVID-19” or any other similar claims.

Because the common cold is also a corona virus many are promoting common over-the-counter cold remedies for COVID-19.

But, considering that the evidence is unimpressive that these remedies even work for the common cold, it is very unlikely they will work on COVID-19.

Also, be aware that many of these things being sold can have serious side effects or be unsafe to take. Some may even be poisonous, causing serious injury or death. Save your money and protect your health—don't buy them.

What can you do? If you have mild symptoms, stay at home until you've recovered. You can relieve your symptoms if you:

- ◆ Rest and sleep
- ◆ Keep warm
- ◆ Drink plenty of liquids
- ◆ Use a room humidifier or take a hot shower to help ease a sore throat and cough

So, what is the best thing to do? **Prevent exposure!**



## Women Have Unique Vision Changes With Age

Our vision changes throughout our lives. As we age, we need more light to see, it becomes harder to tell the difference between some colors, it becomes more difficult to focus on things that are near, and it can be harder to adjust to glare and darkness.

Women, in particular, experience unique challenges with eyesight as they get older.

- ◆ Because they tend to live longer, women have greater instances of eye disorders. They are also more likely to undergo certain cancer treatments that may affect vision.
- ◆ Women have higher rates of cataracts, glaucoma, and age-related macular degeneration as well as a higher prevalence of dry eye. They may also experience changes in vision due to pregnancy and menopause.
- ◆ In addition to normal age-related hormonal changes, women are also more susceptible to autoimmune diseases than men. Many of those affect vision, like lupus, Sjogren's syndrome, or hyperthyroidism.



*Prevent Blindness* has designated April as Women's Eye Health and Safety Month to raise awareness of, and educate women on their increased risk for eye diseases.

The organization recommends steps to protect vision and eye health, including the following:

- ◆ Get regular eye exams (at least once every other year).
- ◆ Quit smoking.
- ◆ Wear UV-blocking sunglasses and brimmed hats outdoors.
- ◆ Use eye cosmetics safely.
- ◆ Use contacts safely.



## What is a micro-cation?

Move over, staycation. There's a new "-cation" in our vocabulary.

The micro-cation has emerged as the latest trend in travel. As its name suggests, it's a short getaway. And, millennials are leading the way.

According to a report by Preferred Hotels, the micro-cation is a trip of less than four nights. And, three-quarters of millennials took at least one, with more than 25 percent of them taking at least three micro-cations in the same year. The generation credited with valuing experiences over things has found that they can visit more places and still find time to work and earn enough to pay for it, according to Business Insider.

But they're not the only ones taking shorter trips. Gen-Xers were close behind, at 69 percent, and Boomers were at 60 percent.

The micro-cation is also appealing because it requires less planning and prep. Gone are the days of getting burned out in the days leading up to a vacation, as you try to cram two weeks' worth of work into one.

And for those who can't or don't want to take off too much time from work, the micro-cation can be a great way to explore and recharge without being absent for too long.

## Think Outside the Box (or Bag)

Remember that many of the best cancer-fighting foods don't have labels on them. Fresh tomatoes, carrots, apples, squash, blueberries, leafy greens – or any fruit or vegetable in the produce section – are the foods to load up on because they are naturally low in calories without any added sugar or fat.

