



# Panhandle Health District

*Healthy People in Healthy Communities*

**Public Health**  
Prevent. Promote. Protect.

**Panhandle Health District**

**FOR IMMEDIATE RELEASE**

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## **Maintaining Personal Health**

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Times are trying for us right now. Our routines have been knocked off their rockers. Some may enjoy self-isolating at home while others miss the excitement of gatherings and socializing. For the moment, gyms are closed, dining at restaurants is not an option, and the things that can make us feel good, such as getting our hair or nails done, or a massage, are not in the cards. However, there is a light at the end of the tunnel, we will be there soon, until then we can focus on new routines and alternatives for maintaining personal health during COVID-19.

Nutrition and physical activity are key components for leading a healthy lifestyle. Now more than ever, keeping up with proper nutrition and exercise is important for a healthy immune system, not just for fighting off COVID-19, but also to ward off other viruses and chronic diseases. It's important to note that there is no guarantee that someone won't contract the coronavirus or other viruses, but we can do our part to keep our immune systems healthy by eating nutritious food, being active, and getting enough sleep.

Not one food can prevent illness, but having a well-balanced diet rich in these vitamins and minerals may help boost your immune system:

- Vitamin C, found in citrus fruits, strawberries, and bell peppers may help boost antibodies.
- Vitamin A keeps tissues and skin healthy and may protect against infections. You can find Vitamin A in carrots, sweet potatoes, broccoli and spinach.
- Zinc and Protein aid in the healing and recovery process. Both zinc and protein can be found in lean meats, poultry, seafood, beans, nuts and seeds.

Many other vitamins and minerals act as antioxidants and can have a positive impact on the immune system. It is preferred to consume whole foods containing these nutrients for better absorption rather than supplements. Always talk to your healthcare provider before taking any supplements.

There have been questions regarding food safety and COVID-19. The coronavirus is generally thought to be spread through respiratory droplets from person-to-person contact. Currently there is no evidence of the virus spreading through food. It's important to maintain proper hygiene, such as hand washing with

soap and water before and after handling food; and always adhering to food safety guidelines to prevent foodborne illnesses. You can find more information about food safety here, <https://www.foodsafety.gov/>.

In addition to sound nutrition, it's important to stay active and get enough sleep. It is recommended for adults to get 150 minutes of physical activity per week. Gyms may be closed for the time being, but there are still many options to stay fit. The weather is getting nice so it's a great opportunity to enjoy the great outdoors, following social distancing guidelines of course. Walking, running, jogging, and hiking near your home are all great activities. Use the nice weather to work on your yard and get ready for planting season. There are many apps you can turn to for exercises utilizing your own body weight, meditation, and yoga. It is recommended for adults to get at least 7 hours of sleep per night. Eating healthfully and staying active can help maintain your sleep patterns.

If you find yourself working from home or out of your normal routine, you may find it difficult or easier to keep up with your personal health. Take this time to focus on you and establish a routine that works best and keeps you motivated. We can make lemonade out of lemons and use this opportunity to be creative. Who knows? Maybe you'll find a healthy routine that becomes a habit!

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**Panhandle Health District** provides over 40 different public health programs to families, individuals and organizations in northern Idaho. From food and drinking water safety to health education and disease control, public health services are critical to ensure our community is a safe and healthy place to live, work and play.

The PHD team is made up of nurses, nutritionists, environmental health specialists, health educators and many other dedicated professionals with a common goal to deliver vital public health services.

Panhandle Health District is one of seven health districts in the state of Idaho.

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