

LIFE NEWSLETTER



Lifestyle Improvements for Employees of Macon County

In this issue:

- Sleep is Essential
- What To Do When You Feel Sick
- Getting Ready: Prepare and Prevent
- This Month's Challenges

Making Healthy Holiday Choices

Did you know that the average adult needs to get between 7-9 hours of sleep each day? Do you have a hard time getting to sleep each night or trouble staying asleep? Stress can make it hard to fall asleep and difficult to stay asleep. There are ways that you can combat this! Try limiting screen time an hour before bedtime (try a book or magazine instead) and going to bed at the same time each night can improve sleep as well.

What to do when you feel sick:

- If you feel sick, stay home. Call your supervisor to work out arrangements, and to see if working from home is an option.
- **If you need to be seen by Employee Health or your Primary Care Provider, call ahead to make an appointment. Call the Health Department at 349-2081.**
- If you think you may have COVID-19, you can call the COVID-19 Call Center at the Health Department and they will determine if you should be tested for the virus **349-2517**.
- Avoid close contact with those who are sick.

Challenges:

What's your sleep like? (5 LIFE Points)

<https://psychcentral.com/quizzes/sleep-quiz/>

Why you need your ZZZs Quiz (5 LIFE Points)

<https://www.webmd.com/sleep-disorders/rm-quiz-sleep>

Plan Your Perfect Holiday Party (5 LIFE Points)

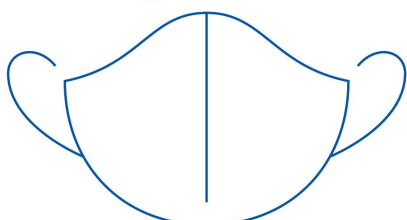
<https://www.buzzfeed.com/hannahloewentheil/holiday-party-recipe-quiz>

Sleep is Essential (10 LIFE Points):

Challenge yourself to get enough sleep this month! The average adult is recommended to get between 7-9 hours of sleep every night. Do you get enough sleep? When you've completed the challenge, email your completed sheet to Kristina at kloughborough@maconnc.org!

Be Prepared and Prevent Illness

- Wash your hands frequently
- Wear a mask when you cannot maintain 6 ft. of distance and in public spaces
- Cover your coughs and sneezes
- Clean and disinfect high touch surfaces



WEAR
a cloth face covering

Need to get in touch with the L.I.F.E team?

Emily Ritter — Health Educator

(828) 349-2437 or eritter@maconnc.org

Mariah Francescutti — Employee Health Nurse

(828) 349-2409 or mfrancescutti@maconnc.org

Kristina Loughborough — Admin. Assistant and CSR

(828) 349-2425 or kloughborough@maconnc.org

COVID-19 Key Points



- What is novel coronavirus 2019 (COVID-19)?
 - Is a respiratory illness caused by a type of coronavirus.
- Symptoms include
 - Fever
 - Cough
 - Shortness of breath
- Spread
 - From person-to-person contact, including; between people who are in close contact with one another (within about 6 feet), and through respiratory droplets produced when an infected person coughs or sneezes.
- Prevention
 - Practice social distancing
 - Reduce close contact with others, only leave your home when absolutely necessary (like trips to the grocery store, pharmacy, work, etc.)
 - Limit large groups and keep your distance from others (6 to 8 feet is recommended)
 - Wash your hands
 - Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if they are visibly dirty.
 - When to avoid contact
 - Stay home when you are sick.
 - Avoid close contact with people who are sick.
 - Face Masks
 - Cloth face masks are recommended for the general public while N95 and surgical masks are recommended for healthcare professionals and those who are caring for sick individuals.
 - Avoid touching your eyes, nose, and mouth.
 - Cover your cough
 - Cover your cough or sneeze with a tissue, then throw the tissue in the trash, or cough or sneeze into your elbow.
 - Increase Cleaning
 - Clean and sanitize frequently touched objects and surfaces using regular household cleaning spray or wipes.
- Questions or Possible Contact call (828) 349-2517.



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