



COVID-19

ADVISORY No. 50

May 1, 2020



ANVAYA COVE

Seaside Leisure Community

What is the NEW NORMAL for us?



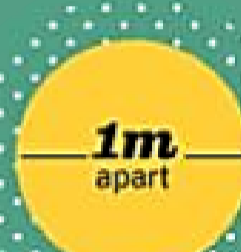
According to the Department of Health, the **NEW NORMAL** is both a practice and a mind-set that places prime importance on healthy lifestyles and preventive behaviors to avoid getting sick. Some of these are:



Washing of hands regularly



Wearing of face masks when going outside



Physical Distancing

The DOH highlighted ways for elderly to take care of themselves to avoid getting infected with COVID-19. These measures include:

- ✓ Avoiding unnecessary travels outside home
- ✓ Eating fruits, vegetables, fish and other healthy food
- ✓ Drinking 8-10 glasses of water daily
- ✓ Exercising inside the home
- ✓ Getting a healthy amount of sunlight for at least 10 minutes every day
- ✓ Sleeping for 6-8 hours every night



HOW DO YOU REMAIN SAFE AND HEALTHY AMIDST THE COVID-19 PANDEMIC?



Wash hands with soap and water for 20 seconds or more (Try singing the chorus of your favorite song while washing).



Use a hand sanitizer with 70% alcohol if you can't wash your hands for 20 seconds or more.



Avoid touching your face, especially your mouth, eyes, nose.



Make sure you keep 1 meter distance from other people.



Avoid touching things that many people touch like door handles, tables, chairs, etc.



Wear a mask while outside.



Frequently clean surfaces in your house, work or business. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keys, keyboards, toilets, faucets, and sinks.



Disinfect using a bleach solution (7 tablespoons [100 mL] bleach for 1 liter of clean water).



Disinfect your most used things (like phone, keys, eyeglasses, keyboard, etc.) with 70% alcohol solution.