

## 5 Tips to Stay Healthy & Safe During the Coronavirus



With the Corona Virus spreading rapidly across the globe, most of us are practicing social distancing, staying indoors, and avoiding unnecessary outings. However, even if you're staying at home, it's advisable to take care of certain safety precautions to keep yourself and those living with you safe from getting the virus. Read on as we cover the top 5 tips to keep in mind during this time:

### 1. Wash Your Hands

Scrub your hands with soap, hand wash, or whatever disinfectant you are using for a good 20 seconds. Repeat this multiple times a day, especially if you've gone outside the boundary of your house. If you've gone grocery shopping or for a nature walk, make sure to keep sanitizer with a high alcohol content and use it at regular intervals to kill any bacteria.

### 2. Stay Active

Practicing social distancing can take a toll on your mental health. Make sure that you stay active, either by exercising at home, spending some time in your garden if you have one, or going out for a walk, maintaining your distance from any people around you. If you have a dog, take them out for daily walks- these will boost your mood and keep your pet happy as well. Once you're home, you should ideally take a shower, wash your clothes, and disinfect your dog's leash.

### 3. Cover Up Your Coughs/ Sneezes

While coughing and sneezing are not exclusive to symptoms of the Coronavirus, and may just be due to allergies or something in the air, it's important to cover with your arm, or a tissue at the very least- not using one may lead to bacteria remaining in the air with the danger of reaching those in the house around you. Steer clear from touching your nose, mouth, and eyes since these are the main places through which the virus can enter your body.

Following on from this, disinfect door handles, cupboard handles, and your phone regularly to keep all surfaces free from germs and bacteria.

### 4. Strengthen Your Immune System

Eat healthy meals and take vitamin and mineral supplements if needed to keep yourself strong and healthy at all times. Add some ginger or turmeric to your tea and other similar substances to keep yourself in top shape.

### 5. Be Careful with Your Food

With the ongoing pandemic, many restaurants are offering delivery service for meals that can be reheated for immediate serving. This is a great way to allow yourself to unwind, help local business, and minimize your exposure to the high-traffic grocery stores as well.

Nevertheless, it's important to still follow all the necessary safety steps. Be sure to request a no-contact delivery service, where you pay ahead of time through a website or over the phone, and the delivery person simply drops the meal off at your doorstep. Be sure to thoroughly wash your hands before serving food to your family or yourself, and once you're done of course- dispose of the waste properly.

Staying healthy and safe during this time may seem like a daunting task- but we can assure you; Personal Chef Catering is here to help. For more information on our no-contact delivery service, be sure to visit our website where you can safely and conveniently order your own healthy meals- for the week ahead and more. (<https://www.personalcheftony.com/meal-prep.html#/>)

Be safe, and be well.

- Tony Durso
- Owner, Personal Chef Catering