Coping With COVID-19

By Eric Endlich, PhD

Facing a pandemic such as COVID-19 can be stressful and scary.
There are continuous news reports of outbreaks and other developments.
How can you remain calm?

Manage your media exposure.
Staying current on important changes (e.g., travel bans) is appropriate, but it’s not necessary to check news outlets multiple times a day.

Stay connected with friends and loved ones.
Try to discuss various topics, not just the current crisis. Schedule regular video chats or phone calls.

Maintain routines when possible.
If your old routines (e.g., leaving for work) aren’t possible, establish new ones such as daily walks or exercise.

Seek out meaningful, productive activities.
Make something creative, clean out an overstuffed closet or take an interesting course online.

Many of these strategies apply to helping children cope, too.
Additional steps to support them include:

- Correcting any misinformation. Encourage precautionary measures, but provide appropriate positive information as well. They should know, for example, that even if family members get sick, most likely they will recover.

One of the things I learned the hard way was that it doesn’t pay to get discouraged. Keeping busy and making optimism a way of life can restore your faith in yourself.
— Lucille Ball

- Allowing them to express their feelings.
Show that you understand what they feel by mirroring their communication (“sounds like you’re pretty worried”) without disputing it. Let them know that being frightened is perfectly normal.

- Providing verbal and physical comfort.
Reassure them, but avoid false promises.

- Instructing them on ways to stay healthy.
These steps include good hygiene (especially handwashing), nutrition, rest and exercise.

- Remaining patient.
They look to you as an example for how to cope. Know that the situation, while challenging for everyone, is temporary.

Note: Due to production lead time, this issue may not reflect the current COVID-19 situation in some or all regions of the U.S. For the most up-to-date information visit coronavirus.gov.
Most of us can exercise without full physical mobility. Arthritis, chronic illness, severe weight problem or other ongoing physical or mental disability? Some level of regular exercise is possible when it's personally suited to you.

Regardless of your age or condition, staying active can help you feel stronger throughout the day. With the guidance of your health care provider, here are three key fitness pursuits to consider.

1. **Cardio strength:** If you’re overweight or have arthritic knees, you can still exercise your heart and burn calories with soft workouts. Routine walking may be the best low-impact cardio workout if you keep a brisk pace; be sure to wear good supportive shoes. Or try elliptical and bike exercise. For upper body strengthening, consider body bands.

2. **Muscle health:** Do you use a wheelchair? Focus on upper body strengthening with free-weight workouts; wheel yourself about outside daily. For chronic back pain or a shoulder injury, work your leg and core muscles.

3. **Stretching:** Even with limited movement in your legs or back, you should enjoy better flexibility and comfort through daily stretching. And it may help prevent or delay further muscle atrophy.

Regular exercise can also have a powerful effect on your mental health, especially when coping with long-term physical challenges. During exercise, your body releases endorphins that energize mood and stamina, ease stress, boost your self-confidence and improve your outlook on life.

Maybe you can’t move as well as you want to, but you have the same need to protect your health and future as people without disabilities.

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**Top Reasons for Health Care Visits**

Primary health care providers are usually the first health care professional you see when you have health concerns. This person can be a physician, physician assistant or nurse practitioner, whose job is four-fold. They:

1. **Identify and resolve sudden medical problems.** Common examples are influenza, pneumonia, stomach or intestinal virus, bladder infection, broken bones and other injuries. Providers also may prescribe medications and behavioral change.

2. **Treat you for chronic conditions.** For example, your provider can help you cope with ongoing back pain, insomnia or depression, and guide you with disease management. The most common chronic conditions primary providers help us control include hypertension, diabetes, arthritis, elevated cholesterol, asthma, IBS and obesity.

3. **Refer you to a specialist.** When a condition warrants it, your provider will help coordinate additional care. For example, following a heart attack, you could regularly see a cardiologist. Once you are stabilized on the proper medications, the cardiologist would likely refer you back to your primary care provider for continued monitoring and treatment.

4. **Guide you with self-care measures to help you avoid or control disease.** Your provider will do vaccinations and perform annual physical exams that can include bloodwork and screenings for various diseases and conditions. Providers teach patients how to minimize lifestyle risks that could lead to future diseases. For example, if you have high blood pressure or risks for it, your provider may advise you to manage or avoid it through dietary changes, regular exercise and quitting smoking, in addition to medication.

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**QuikQuiz™: Are You Financially Literate?**

By Jamie Lynn Byram, MBA, AFC, MS

Test your money smarts:

1. You have $100 in a savings account and the interest rate is 2% per year. After five years how much will you have in the account if you don’t spend any?
   - b. Exactly $102.
   - c. Less than $102.
   - d. None of the above.

2. Your savings account’s interest rate is 1% per year and inflation is 2% per year. After 1 year, how much could you buy with the money?
   - a. More than today.
   - b. Exactly the same.
   - c. Less than today.

3. If interest rates rise, what will typically happen to bond prices?
   - a. They will rise.
   - b. They will stay the same.
   - c. They will fall.
   - d. None of the above.

4. A 15-year mortgage typically requires higher monthly payments than a 30-year mortgage, but the total interest paid over the life of the loan will be less.
   - ❏ True  ❏ False

5. Buying a single company’s stock usually provides a safer return than a stock mutual fund.
   - ❏ True  ❏ False

ANSWERS:

1. a; 2. c; 3. b; 4. True; 5. False
June is Alzheimer’s and Brain Awareness Month.

Did you know? Alzheimer’s is the sixth leading cause of American deaths. But it’s not part of normal aging, according to the NIH. Instead of feeling helpless about Alzheimer’s and related forms of dementia, use Alzheimer’s and Brain Awareness month as an opportunity to discover ways to potentially lower the risk and how to bring attention and funding to Alzheimer’s research. Learn more at act.alz.org.

TIP of the MONTH

Eat the Rainbow

You may wonder if there’s one fruit or vegetable that you should eat more often than the others, but there’s no one standout option.

Instead, the best advice is to eat a rainbow of different colors of vegetables and fruit because they contain more than 25,000 different phytochemicals, which help prevent disease and keep your body functioning optimally. Examples of beneficial phytochemicals are anthocyanins in blueberries, beta-carotene in carrots, and lycopene in tomatoes.

Produce

3 Ways

By Cara Rosenbloom, RD

There’s always nutrition research that’s up for debate — is saturated fat harmful or helpful? Is a low-fat or low-carb diet better? But the one thing all health professionals agree on is the importance of eating enough vegetables and fruit.

Filled with fiber, vitamins, minerals and important antioxidants, vegetables and fruit are known to help reduce the risk of developing heart disease, type 2 diabetes and certain types of cancer. Your best bet is to fill half your plate with colorful options at all of your meals, and anything goes. It does not matter if the vegetables are fresh, frozen or canned — what’s most important is that you eat them daily.

Go fresh: If you live in an area where fresh vegetables and fruits are economical and readily available all year round, stock up on your favorites and enjoy. Some hardy and affordable options are carrots, beets, squash, celery, pears, apples and broccoli. Buy berries in season and freeze them for later use.

Rely on frozen: Studies that test the vitamin content of fresh vs. frozen vegetables show that both are quite nutritious, with frozen options often edging out the fresh options. Why? Because frozen vegetables are picked and packed at the height of their nutrient value, and freezing locks in the vitamins. However, the vitamins in fresh vegetables may degrade while they are shipped and stored. Both are still nutritious options — so choose what you prefer.

Stock cans: Canned vegetables and fruit are economical and convenient, and they have a long shelf life. If possible, choose those with no added salt or sugar. Rinse those that have added salt or sugar.

Remember that canned and frozen vegetables are convenient and help reduce food waste because they last longer than fresh vegetables. They are all great choices.

Summer Corn Salad

Makes 6 servings. Per serving:

- 170 calories
- 4g protein
- 9g total fat
- 2g saturated fat
- 6g mono fat
- 1g poly fat
- 22g carbohydrate
- 4g sugar
- 3g fiber
- 98mg sodium

3 cups fresh, frozen (defrosted) or canned (and drained) corn niblets
1 cup chopped cucumber
1 cup diced tomato
¼ cup diced red onion
¼ cup chopped fresh parsley or basil
3 tbsp olive oil
2 tbsp apple cider vinegar
1 tsp Dijon mustard
¼ cup crumbled feta cheese

In a large bowl, add corn, cucumber, tomato, onion and parsley. In a small container with a lid, add oil, vinegar and mustard. Shake well, then add dressing to vegetables, and toss to coat. Top with feta cheese and serve.
**E** **XPERT** advice  — Eric Endlich, PhD

**Q:** Relief for **burnout**?

**A:** Prolonged stress can lead to burnout, a state of physical and emotional **exhaustion**. When demands are too great, you may lose interest and motivation. It’s important to address this condition before it leads to health problems. Keys to managing burnout include:

- **Identifying the signs early.** Know when you’re reaching your limit.
- **Finding a good listener.** Whether via a loved one or support group, feeling heard can be very comforting.
- **Avoiding excessive negativity.** Read positive news stories and seek out upbeat people.
- **Engaging in meaningful activities.** What makes you feel fulfilled?
- **Considering your options.** Can you decline or delegate some tasks?
- **Relaxing.** Try yoga, a nature walk or soothing music.
- **Sleeping.** This is essential.
- **Exercising.** When your energy is low, this can be challenging but also rejuvenating.

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**The ABCs of DE (Device Ergonomics)**

The average American spends about 3 hours and 43 minutes daily looking at mobile devices, according to an eMarketer study. With this, neck injuries are also growing, according to an Ergonomic Trends report, “U.S. Time Spent With Mobile 2019.”

To prevent these types of injuries, follow this advice:

1. **Take frequent breaks (every 20 minutes) from typing.** If you plan to use a tablet for longer durations, use a separate keyboard and prop up the tablet on a stand to avoid neck strain.
2. **Write fewer and shorter messages.** Use dictation when possible. Or use apps available for voice recognition, abbreviation expansion or word completion to reduce key input associated with texting.
3. **Use hands-free devices** to eliminate awkward and static postures when you have to be on the phone a long time (meetings or conference calls).
4. **Maintain neutral wrists** and alternate hands when holding mobile devices.
5. **Keep your head in a neutral position and keep your elbows relaxed below your shoulders.**
7. **Alternate using fingers and thumbs when typing** to reduce chance of repetitive injuries to the thumb.

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**Prone to headaches?**

Studies have shown people who get regular aerobic exercise report fewer headaches — **migraine or tension.** Exercise helps by reducing physical tension and anxiety and increasing pain-fighting brain chemicals, resulting in fewer and less severe headaches. With your health care provider’s okay, target 150 minutes of moderate-intensity exercise, such as brisk walking, each week.
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### Summer Corn Salad

**Easy recipe**

- 3 cups fresh, frozen (defrosted) or canned (and drained) corn niblets
- 1 cup chopped tomato
- ¼ cup chopped red onion
- 1 tsp Dijon mustard
- 2 tbsp apple cider vinegar
- 2 tbsp olive oil
- ⅛ tsp salt

*In a large bowl, add corn, cucumber, tomato, onion and parsley. In a small container with a lid, add oil, vinegar and mustard. Shake well, then add dressing to vegetables, and toss to coat. Top with feta cheese and serve.*

Makes 6 servings. Per serving:

- 170 calories
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### Dealing with Negative People

Sooner or later, everyone interacts with negative people. Whether at work, home, or social situations, some folks seem to always look on the bleak side, finding fault and complaining. Unfortunately, even if you’re a natural optimist, dealing with negative people can impact your mood, too. That’s why it’s important to set boundaries.

Sure, it’s sometimes necessary to talk to people who are negative, and you don’t want to be rude or unprofessional. But instead of listening, while they complain nonstop, try redirecting the conversation with positive input. Avoid overt criticism and ask how they can fix a problem or find appropriate help. Then, get on with your priorities.

Negative people often blame others for their woes, spreading gossip. Avoid this toxic situation with a simple “that’s none of my business” and walk away.

**Remind yourself you can’t control negative people — but you can control your responses. Distance yourself from negativity when possible.**

If you can’t remove yourself from a situation, such as a constant complainer at work, psychologist and Psychology Today contributor Sherri Boug Carrier advises taking a “happy break.” Do something to lift your spirits. For example, take a walk or seek a positive friend or colleague.

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### Navigating Change

Change, good or bad, is one thing you can count on in life. There are both expected and unexpected changes and they can be happy, dreaded or anything in between. It’s important to recognize all changes — whether a shock, such as a death in your family, or a longed-for happy change, such as a new baby or job promotion — produce some stress. It’s how the body and brain respond to any new demand, the NIH explains.

And talk to your health care provider if you are having problems coping.

Take care of your health. Even if a change has you flustered and extra busy, eat to your regular bedtime and taking care to get enough sleep.

**Strategies to navigate successfully through change in life and work:**

**Keep to your regular schedule as much as possible.** This includes sticking to your regular bedtime and taking care to get enough sleep.

**Make a list of things to tackle related to the new change.** You’ll have less to remember, and checking things off your to-do list can relieve stress.

**Take care of your health.** Even if a change has you flustered and extra busy, eat a nutritious diet and skip fast food. Work in exercise, too, even if it’s only a daily walk.

**Ask for help.** Talk to a trusted friend or colleague about the change you are experiencing. And talk to your health care provider if you are having problems coping.

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**Change your life today. Don’t gamble on the future, act now, without delay.** — Simone de Beauvoir
Produce 3 Ways
By Cara Rosenbloom, RD

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Vegetables and fruit are filled with fiber, vitamins, minerals and important antioxidants. They help reduce the risk of developing heart disease, type 2 diabetes and certain types of cancer. Best habit: Fill half your plate with colorful produce at every meal. Whether your choices are fresh, frozen or canned, what’s most important is that you get your daily intake.

Go fresh: If you live where fresh vegetables and fruits are economical and readily available year round, stock up on your favorites and enjoy. Some hardy and affordable options are carrots, beets, squash, celery, pears, apples and broccoli. Buy berries in season and freeze them.

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• Manage your media exposure. Staying current on important changes (e.g., travel bans) is appropriate, but it’s not necessary to check news outlets multiple times a day.

• Stay connected with friends and loved ones. Try to discuss various topics, not just the current crisis. Schedule regular video chats or phone calls.

• Maintain routines when possible. If your old routines (e.g., leaving for work) aren’t possible, establish new ones such as daily walks or exercise.

• Seek out meaningful, productive activities. Make something creative, clean out an overstuffed closet or take an interesting course online.

Many of these strategies apply to helping children cope, too. Additional steps to support them include:

• Correcting any misinformation. Encourage precautionary measures, but provide appropriate positive information as well. They should know, for example, that even if family members get sick, most likely they will recover.

• Allowing them to express their feelings. Show that you understand what they feel by mirroring their communication (“sounds like you’re pretty worried”) without disputing it. Let them know that being frightened is perfectly normal.

• Providing verbal and physical comfort. Reassure them, but avoid false promises.

• Instructing them on ways to stay healthy. These steps include good hygiene (especially handwashing), nutrition, rest and exercise.

• Remaining patient. They look to you as an example for how to cope. Know that the situation, while challenging for everyone, is temporary.
Mobility and Exercise
Explore your movable options.

Most of us can exercise without full physical mobility. Do you have arthritis, a chronic illness, a severe weight problem or another ongoing physical or mental condition? Some level of regular exercise is possible when it’s suited to you.

Regardless of your age or condition, regular exercise can help you feel stronger throughout the day. With your health care provider’s guidance, here are 3 key fitness pursuits to consider.

1. Cardio strength: If you’re overweight or have arthritic knees, you can still exercise your heart and burn calories with soft workouts. Routine walking may be the best low-impact cardio workout if you keep a brisk pace; wear good supportive shoes. Or try elliptical and bike exercise. For upper body strengthening, consider body bands.

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Top Reasons for Health Care Visits

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1. Identify and resolve sudden medical problems. They include influenza, pneumonia, stomach or intestinal virus, bladder infection, broken bones and other injuries. Providers also may prescribe medications and behavioral change.

2. Treat you for chronic conditions. For example, your provider can help you cope with ongoing back pain, insomnia or depression, and guide you with disease management. The most common chronic conditions primary providers help us control include hypertension, diabetes, arthritis, elevated cholesterol, asthma, IBS and obesity.

3. Refer you to a specialist. When a condition warrants it, your provider will help coordinate additional care. For example, following a heart attack, you could regularly see a cardiologist. Once you are stabilized on the proper medications, the cardiologist would likely refer you back to your primary care provider for continued monitoring and treatment.

4. Guide you with self-care measures to help you avoid or control disease. Your provider will do vaccinations and perform annual physical exams that can include bloodwork and screenings for various diseases and conditions. Providers teach patients how to minimize lifestyle risks that could lead to future diseases. For example, if you have high blood pressure, your provider may advise you to manage or avoid it through dietary changes, quitting smoking and regular exercise, in addition to medication.

Treating Acne
By Elizabeth Smoots, MD

For people with acne, whiteheads, blackheads and other pimples appear on the face, chest and back. This can cause discomfort, emotional distress, and sometimes scarring. You can try over-the-counter products, such as benzoyl peroxide or salicylic acid, or ask your health care provider for help if your acne doesn’t improve.

Prescription medications: These help control breakouts and reduce scarring. Acne may get worse before it improves, usually in 4 to 8 weeks, with prescription medications including the following:

Topical medications: Retinoids are made from vitamin A; applied in the evening, they help prevent plugging of the hair follicles. Topical antibiotics are used once or twice daily to kill skin bacteria. They are sometimes combined with benzoyl peroxide to reduce antibiotic resistance. Azelaic acid is another antibacterial acne cream. Dapsone gel is sometimes recommended for inflammatory acne.

Oral medications: Antibiotics by mouth are used to treat moderate to severe acne, usually for the shortest time possible. Women with acne are sometimes prescribed oral contraceptives or the drug spironolactone. People with severe acne that has not improved with other treatments may be given isotretinoin, which must be monitored closely for side effects.
MAKE A GREAT PLATE.
This classic combination will be a crowd-pleaser.

Peanut Butter and Banana Breakfast Cups

INGREDIENTS
3 cups rolled oats
1 tsp baking powder
2 eggs, whisked
1½ cups milk
1 ripe banana, mashed
⅓ cup peanut butter
¼ cup pure maple syrup

DIRECTIONS
Preheat oven to 350°F. Line 12-cup muffin tin with liners. In large bowl, add oats, baking powder, whisked eggs, milk, banana, peanut butter and maple syrup. Stir until combined well. Spoon mixture into muffin cups. Bake 30 minutes. Allow to cool. Freeze leftovers.

Makes 12 Servings. Each: 168 calories • 7g protein • 6g total fat • 23g carb
8g sugar • 3g fiber • 102mg sodium • 1g saturated fat • 3g mono fat • 2g poly fat
Productos agrícolas de 3 maneras
Por Cara Rosenbloom, RD

Siempre hay investigaciones sobre la nutrición que se pueden someter a debate — ¿es la grasa saturada perjudicial o saludable? ¿Es una dieta con bajo contenido de grasa o bajo contenido de carbohidratos mejor? Pero algo en lo que todos los profesionales de la salud están de acuerdo es la importancia de consumir suficientes vegetales y fruta.

Los vegetales y la fruta tienen un alto contenido de fibra, vitaminas, minerales y antioxidantes importantes. Ayudan a reducir el riesgo de desarrollar enfermedad cardíaca, diabetes tipo 2 y ciertos tipos de cáncer. El mejor hábito: llene la mitad de su plato con productos agrícolas coloridos en cada comida. Ya sea que sus selecciones sean productos frescos, congelados o enlatados, lo más importante es que consuma su ingesta diaria.

Elija productos frescos:
Si vive donde la fruta y los vegetales frescos son económicos y fácilmente disponibles todo el año, compre sus favoritos y disfrútelos. Algunas opciones robustas y asequibles son las zanahorias, betarragas (betabeles), calabacines, apio, peras, manzanas y brócoli. Compre bayas de la estación y congélelas.

Cuente con los productos congelados:
Los estudios que someten a prueba el contenido de vitaminas de los productos agrícolas frescos en comparación con los congelados indican que las opciones congeladas con frecuencia superan a las opciones frescas. ¿Por qué? Porque las frutas y vegetales congelados se cosechan y envasan cuando tienen su mayor valor nutritivo, y la congelación encierra las vitaminas en el producto. Sin embargo, las vitaminas en los productos agrícolas frescos pueden degradarse mientras se están transportando y almacenando. Ambas opciones son nutritivas, de manera que elija la que usted prefiera.

Almacene latas: La fruta y los vegetales enlatados son económicos y convenientes, y tienen una larga vida útil. De ser posible, elija las opciones que no contengan sal o azúcar añadido. Enjuague los que tengan sal o azúcar añadido.

Recuerde que los productos agrícolas enlatados y congelados son convenientes y ayudan a reducir el desperdicio de alimentos porque duran por más tiempo que los productos agrícolas frescos. Todos son buenos para usted.

Haciendo frente a la enfermedad del coronavirus 2019 (COVID-19)
Por Eric Endlich, PhD

El hacer frente a una pandemia como el COVID-19 puede ser estresante y aterrador. Las noticias reportan continuamente brotes y otras evoluciones. ¿Cómo puedo mantener la calma?

• Controle su exposición a los medios de difusión. El mantenerse al día sobre los cambios importantes (por ejemplo, prohibiciones de viajes) es algo apropiado, pero no es necesario consultar las fuentes de información varias veces al día.

• Manténgase en comunicación con sus amigos y seres queridos. Traten de hablar sobre temas diversos, no solo sobre la crisis actual. Programen conversaciones por video o llamadas telefónicas regulares.

• Mantenga rutinas cuando sea posible. Si sus antiguas rutinas (por ejemplo, irse a trabajar) no son posibles, establezca nuevas rutinas, como por ejemplo salir a caminar o hacer ejercicio todos los días.

• Busque actividades significativas y productivas. Haga algo creativo, llimpie un armario repleto o tome un curso interesante en línea.

Muchas de estas estrategias se aplican también para ayudar a los niños a sobrellevar esto. Los pasos adicionales para apoyarlos incluyen:

• Corregir la información errónea. Fomentar medidas preventivas, pero también proporcionar información positiva adecuada. Por ejemplo, deberían saber que, incluso si miembros de la familia se enferman, lo más probable es que se recuperen.

• Permitirles que expresen lo que están sintiendo. Demuéstreles que usted comprende lo que sienten reflejando su comunicación (“parece que estás muy preocupado”) sin cuestionarlo. Déjelos saber que el estar asustados es perfectamente normal.

• Brindarles consuelo verbal y físico. Tranquilícuelos, pero evite hacerles promesas falsas.

• Enseñarles maneras de mantenerse sanos. Estos pasos incluyen una buena higiene (especialmente el lavarse las manos), nutrición, descanso y ejercicio.

• No perder la paciencia. Lo ven a usted como un ejemplo de cómo hacer frente a esto. Sepa que la situación, aunque representa un reto para todos, es temporal.
Movilidad y ejercicio

Explore sus opciones de movilidad.

La mayoría de nosotros puede hacer ejercicio sin movilidad física completa. ¿Sufre de artritis, de una enfermedad crónica, de un problema de peso grave o de otra afeción física o mental continua? Es posible un cierto nivel de ejercicio regular cuando sea adecuado para usted.

Sin importar qué edad o afeción tenga, el ejercicio regular puede ayudarlo a sentirse más fuerte durante todo el día. Con el asesoramiento de su profesional de salud, a continuación mencionamos 3 objetivos clave para la buena forma física que uno debe considerar.

1. Fuerza cardiovascular: Si tiene sobrepeso o tiene artritis en las rodillas, puede ejercitar su corazón y quemar calorías con ejercicios suaves. Las caminatas de rutina pueden ser el mejor ejercicio cardiovascular de bajo impacto si uno mantiene un ritmo rápido; cerciórese de usar buenos zapatos que le brinden soporte.

2. Salud muscular: ¿Utiliza una silla de ruedas? Concéntrese en el fortalecimiento de la parte superior del cuerpo con sesiones de ejercicio con pesas; empújese en su silla de ruedas al aire libre todos los días. Para el dolor de espalda crónico o una lesión del hombro, haga trabajar sus piernas y los músculos de la parte central del cuerpo.

3. Extensión o estiramientos: Incluso con un movimiento limitado en las piernas o la espalda, uno puede disfrutar de una mejor flexibilidad y comodidad por medio de extensiones o estiramientos diarios. Y esto podría ayudar a prevenir o a retardar una mayor pérdida muscular.

El ejercicio regular también puede afectar poderosamente su salud mental, especialmente cuando está enfrentando desafíos físicos a largo plazo. Durante el ejercicio, su cuerpo libera endorfinas que energizan el estado de ánimo y el largo plazo. Durante el ejercicio, su cuerpo libera endorfinas que energizan el estado de ánimo y el

Principal razones para las visitas de atención médica

Los profesionales médicos de atención primaria de la salud usualmente son los primeros profesionales de salud que uno ve cuando tiene problemas de salud. Esta persona puede ser un médico, un médico asistente o una enfermera especializada. Estas personas:

1. Identifican y resuelven problemas médicos súbitos. Estos problemas incluyen inflamación, neumonía, virus estomacales o intestinales, infección de la vejiga, huesos rotos y otras lesiones. Los profesionales de salud también pueden recetar medicamentos y cambios del comportamiento.

2. Dan tratamiento para afecciones crónicas. Por ejemplo, su profesional de salud puede ayudar a que uno sobrelleve el dolor de espalda, el insomnio o la depresión, y guiarlo a uno en el control de una enfermedad. Las afecciones crónicas más comunes que los profesionales de atención primaria de la salud nos ayudan a controlar son la hipertensión, la diabetes, la artritis, los niveles elevados de colesterol, el asma, el síndrome del intestino irritable y la obesidad.

3. Lo refieren a uno a un especialista. Cuando una afección lo justifica, su profesional de salud puede ayudar a coordinar una atención adicional. Por ejemplo, después de un ataque cardíaco, uno podría ver a un cardiólogo regularmente. Una vez que uno está estabilizado con los medicamentos apropiados, el cardiólogo probablemente lo remitirá a uno de vuelta a su profesional de cuidado primario de la salud.

4. Lo guían a uno con medidas de autocuidado para ayudarlo a evitar o controlar la enfermedad. Su profesional de salud administrará vacunas y realizará reconocimientos físicos anuales que pueden incluir análisis de sangre y pruebas de detección para diversas enfermedades y afecciones. Los profesionales de salud enseñan a los pacientes a cómo minimizar los riesgos del estilo de vida que podrían resultar en enfermedades futuras. Por ejemplo, si uno tiene presión arterial alta, su profesional de salud podría recomendarle que la controle o la evite por medio de cambios en la dieta, dejando de fumar y haciendo ejercicio regularmente, además de medicamentos.

Tratamiento del acné

Por Elizabeth Smoots, MD

Para las personas que sufren de acné, puntos blancos, espinillas y otros granos aparecen en la cara, el pecho y la espalda. Esto puede causar molestia, angustia emocional y algunas veces formación de cicatrices. Uno puede probar productos de venta sin receta, como por ejemplo peróxido de benzoilo o ácido salicílico, o pedirle ayuda a su profesional de salud si el acné no mejora.

Medicamentos de venta con receta: Estos medicamentos ayudan a controlar los brotes y a reducir las cicatrices. El acné puede empeorar antes de mejorar, usualmente en 4 a 8 semanas, con medicamentos de venta con receta, los que incluyen los siguientes:

Medicamentos de aplicación tópica: Los retinoides son derivados de la vitamina A; si se aplican por la noche, pueden ayudar a prevenir el taponamiento de los folículos pilosos. Los antibióticos tópicos se usan una o dos veces al día para matar las bacterias de la piel. Algunas veces se combinan con peróxido de benzoilo para reducir la resistencia a los antibióticos. El ácido azelaico es otra crema antibacterial para el acné. El gel de dapsone se recomienda algunas veces para el acné inflamatorio.

Medicamentos administrados por vía oral: Los antibióticos administrados por vía oral se utilizan para el tratamiento del acné de moderado a severo, usualmente por el menor tiempo posible. A las mujeres que sufren de acné algunas veces se les receta anticonceptivos orales o el fármaco espinolactona. A las personas con acné severo que no ha mejorado con otros tratamientos se les puede dar isotretinoína, la que debe monitorearse estrechamente para poder detectar efectos secundarios.

Nota: Debido al tiempo de entrega de producción, es posible que este número no refleje la situación actual de la COVID-19 en algunas o todas las regiones de los Estados Unidos. Para obtener la información más actualizada, visite coronavirus.gov.
Where does your time go at work? The best way to find out is to start logging your time and activity. In a short time you learn a lot. Here’s how it works:

Set up your log. Use a mobile time tracking app, a spreadsheet, a note-taking program on your computer or device, or pen and paper. Choose a method you are comfortable with so you’ll stick with it.

Start logging. Every time you perform any activity during the day, record it. Note what you did and how long it took. Include every activity, whether it was a major or minor work task, a video conference, or getting a cup of coffee.

Add details. Record your energy level or state of mind during an activity (tired, stressed, frustrated, distracted, energetic, focused). Include interruptions and distractions, and whether the task was high or low value in terms of your professional and personal goals.

After a few days of activity and time logging, the results may surprise you. You may realize you spend more time chatting with coworkers or surfing the internet than you realized. You might find that your most productive hours are first thing in the morning, or discover that you are spending too much time on activities that are keeping you from achieving your goals. Awareness will improve how you manage your time.

Developing Patience

Some people seem born patient. Others feel impatient several times a day. You may sense it building before you express it. Once spoken, it can have negative consequences for the people in your life.

Learn to recognize your personal signs of escalating impatience: frustration, muscle tension, clenching teeth, anxiety, irritability, rushing and shallow breathing. They signal it’s time to step back and change your reaction.

Stop the cycle. Reacting to situations with anger and frustration may provide emotional instant gratification that is ultimately self-defeating. Accept those feelings for what they are, but practice responding in more positive ways.

Tune up self-talk. Impatience often results from the negative loop playing inside your head, which tells you “I don’t like this,” or “This isn’t going my way.” Slow down and tune into your inner voice during moments when you’re impatient; then find a way to manage that discomfort more successfully.

Take a break. When you’re feeling agitated, try to move away, mentally or physically. Take a walk, do relaxation stretches, call a friend, or spend time in quiet reflection. Once you are calm, return to the situation with a fresh outlook.

You can improve your emotional outlook by building good health: regular exercise, good nutrition and adequate sleep. You will have more patience when you are well rested and feeling your best.

Keep learning to keep your wits about you.

Listen well to others, whether in a meeting or just conversing. Try doing things differently — study your work system to learn how you might be more efficient and creative. Read up on your trade or to advance your training. New ideas build knowledge, the key to good work and personal fulfillment. And learning activities may be a factor in delaying dementia, although more research is needed.

“Patience is bitter, but its fruit is sweet.”
- Aristotle
According to recent research, you are probably engaged in 1 of the most potentially damaging health behaviors affecting Americans — sitting. Staying parked in your seat for extended periods raises the risk of many serious conditions, including heart disease, diabetes and cancer. It also contributes to chronic problems such as back pain, arthritis and varicose veins.

The fix? Move more throughout the day. Try:

✔ Fidgeting. Studies show that people who can’t sit still — who tap their fingers, jiggle their feet, stretch their arms and squirm in their seats, for example — have lower mortality rates than those who sit still. Change positions and move your body in your chair periodically.

✔ Getting up. One study found that blood flow to leg arteries was reduced by more than half after 6 hours of sitting, but just 10 minutes of walking brought it back to normal. Stand up and walk around for at least a few minutes out of every hour — more frequently if possible.

✔ Moving while you work. Walk while you talk on the phone and stand up as you sort papers or update your calendar. Set your phone alarm to remind you to get up and stretch once an hour.

It’s important to get regular exercise. The CDC recommends 150 minutes weekly of moderate-intensity activity, such as brisk walking. Add movement to your day whenever you can. And make it a habit to just stand up.

### Oh, My Aching Back

The back is an amazing construction, but it needs you to keep it strong. You can reduce your risk of back pain with these lifestyle changes.

1. **Exercise.** Low-impact activities such as walking and swimming help strengthen the back muscles. However, people with low back pain often find some forms of exercise too painful. Check with your health care provider.

2. **Adopt daily stretching.** It can reduce painful low back stiffness from everyday activities.

3. **Maintain a healthy weight** to keep stress and strain off your back.

### Build strength.** To have a strong back, the front and sides of your body need to be strong and flexible. Exercises such as yoga and Pilates that strengthen your core muscles (those around the trunk and pelvis) can help prevent back injury and strain. Your health care provider can advise you about specific strengthening exercises based on your back condition.

#### When to seek help:
Back pain that continues for more than a few days or that keeps you from regular activities needs medical attention. Physical therapy and interventions are available to help resolve, manage and even prevent back pain, so you can get back to top performance sooner.

### Collaboration at Work

**Work brings together all kinds of people and personalities.** And it’s that combination of ideas, backgrounds, ages, opinions and skills that brings creativity and innovation to projects.

When people connect and work well together, they also tend to enjoy their work more; they become more upbeat and productive. Of course, working together smoothly often calls for patience and a generous spirit of collaboration, especially when working remotely.

A good collaborator at work:

- **Stays open-minded and non-judgmental when faced with different opinions.**
- **Treats everyone equally and respects differences.**
- **Takes responsibility for missteps and corrects them.**
- **Knows how to disagree and manage conflict constructively.**
- **Listens well to understand others.**

#### To build your collaboration skills:

- **Concentrate on what’s being said, and what’s not said, so you can ask relevant questions and exchange ideas confidently.**
- **Soften your critique:** Focus on the flaws of a concept or end product, not on the person supplying it.
- **Make sure your coworkers can depend on you.**
- **Encourage coworkers to slow down or take a break to avoid conflict.**
- **Support your coworkers, acknowledge their efforts and celebrate their achievements.**

When people recognize why their work matters within a group, they tend to work with more enthusiasm and cooperation.
June is National Safety Month.

OSHA’S TOP 10
Most Frequently Cited Violations

OSHA released its Top 10 Violations last fall. The following is a summary and suggestions on what you can do to protect yourself and your coworkers:

1. **All Protection**  
   **Tip:** Use fall protection when working at heights and make sure you are trained properly to use it.

2. **Hazard Communication**  
   **Tip:** Make sure your employer gives you a written hazard communication program and that you follow it. Follow all instructions on labels, Safety Data Sheets and Hazard Classifications.

3. **Scaffolding**  
   **Tip:** Before you work on a scaffold make sure it has a solid foundation, proper decking and guardrails.

4. **Lockout/Tagout**  
   **Tip:** Shut down equipment and disconnect all primary and secondary energy sources before locking out.

5. **Respiratory Protection**  
   **Tip:** Choose the appropriate respirator for the job.

6. **Ladders**  
   **Tip:** Use the correct ladder for the job and maintain 3 points of contact while on the ladder.

7. **Powered Industrial Trucks**  
   **Tip:** Get proper training before using a powered industrial truck, and operate it according to the manufacturer’s instructions. Never exceed the rated load.

8. **All Protection Training Requirements**  
   **Tip:** OSHA requires that fall protection be provided at elevations of 4 feet in general industry workplaces, 5 feet in shipyards, 6 feet in the construction industry and 8 feet in longshoring operations.

9. **Machine Guarding**  
   **Tip:** Never start a machine without the guards in place. If safeguard is missing or damaged, do not use and notify your supervisor immediately.

10. **Personal Protective and Lifesaving Equipment — Eye and Face Protection**  
    **Tip:** Use appropriate eye and face protection when there are hazards such as: flying particles, liquid chemicals, acids or caustic liquids, molten metal, chemical gases or vapors or light radiation.

The ABCs of DE  
(Device Ergonomics)

The average American spends about 3 hours and 43 minutes daily looking at mobile devices, according to an eMarketer study. Neck injuries are also growing, according to an eMarketer report, “U.S. Time Spent With Mobile 2019.”

To prevent these types of injuries, follow this advice:

A. Take breaks every 20 minutes from typing. If you plan to use a tablet for longer durations, use a separate keyboard and use a tablet stand to avoid neck strain.

B. Write fewer and shorter messages. Use dictation when possible. Or use apps for voice recognition, abbreviation expansion or word completion to reduce key input associated with texting.

C. Use hands-free devices to eliminate awkward and static postures when you have to be on the phone a long time (meetings or conference calls).

D. Maintain neutral wrists and alternate hands when holding mobile devices.

E. Keep your head in a neutral position and keep your elbows relaxed below your shoulders.


G. Alternate using fingers and thumbs when typing to reduce the chance of repetitive injuries to the thumb.

H. Change positions often (sit, stand or walk) to keep muscles strong and limber.

Stay Secure Online

During Internet Safety Month review your online habits to steer clear of viruses and spyware; update your security software, browsers, apps and operating systems. Help your kids safely navigate their digital world and educate them to avoid harmful online experiences; explore websites, games, apps and social media together and set some rules. Learn more at staysafeonline.org.
Windshield Fix? Not So Simple

New technology in vehicles, such as windshields with built-in sensors, is a great innovation, but what if you get a chip or crack in it?

Newer windshields may not be so easy to replace because of sensors and other technology embedded in the glass. Windshields can be hazardous if not fixed or aligned properly. As we rely more on advanced driver assistance systems, even a minor impact can knock them out of alignment. If your assistance system isn’t recalibrated properly, it could mean the difference between life and death. When you get your vehicles repaired, make sure cameras are properly recalibrated or realigned by a trained technician. It may cost you more up front, but it’s better than costing you your life.

Generating Safety

Whether you use a portable generator for camping, tailgating or just coping with a power outage, make sure you use it safely.

READ the instructions before using your generator.

NEVER use a portable generator indoors, in a partially enclosed space (including crawl spaces and garages) or near an open window. Generators emit carbon monoxide, which is odorless and harmful to your health, even causing death. Place the generator outdoors and install a carbon monoxide alarm.

USE heavy-duty extension cords when connecting the generator to appliances.

AVOID connecting the generator directly to your home power supply. It could cause a surge in electricity that could cause injury or death.

TURN off the generator and let it cool before refueling.

FUEL your generator outside. Do not store fuel in your home.

DON’T operate the generator near combustible materials.

STAStagger operating times for using the generator with equipment and appliances to prevent overloading the circuits.

Tornado TIPS

Tornado watches are issued when conditions are favorable for tornados to form. Warnings are more serious and mean that severe weather is imminent. If your area is issued a tornado warning, take it seriously; seek shelter and avoid windows.

Inside: Get to the lowest level and stay under sturdy protection such as a mattress or heavy table. Know where heavy items are located above you (such as a piano or refrigerator) and avoid that area. Go to a small center room or under a stairwell.

TIP: Wearing a helmet can boost your safety, too. If you’re in a skyscraper, go to the center of the building on the lowest floor you can safely get to — stay away from elevators and use stairs.

TIP: Stairwells are often a safe place to take cover.

Outside: If you are in a car or mobile home, get out, and seek shelter in a permanent structure. If you are caught in a tornado, park your car, keep your seatbelt on, cover your head and duck below the windows.

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Outside: If you are in a car or mobile home, get out, and seek shelter in a permanent structure. If you are caught in a tornado, park your car, keep your seatbelt on, cover your head and duck below the windows.

In the open outdoors? Get to the lowest place possible, staying away from trees and cars. Lie flat, face down, with your hands over your head.

Learn more at spc.noaa.gov/faq/tornado/safety.html.
El mes de junio es el Mes de la seguridad a nivel nacional.

**LAS 10 INFRACCIONES más frecuentemente citadas de la OSHA**

La OSHA divulgó sus 10 principales infracciones. La información que se presenta a continuación es un resumen y sugerencias sobre lo que uno puede hacer para protegerse a uno mismo y a sus compañeros de trabajo:

1. **Protección contra las caídas**
   Sugerencia: Use protección contra caídas cuando trabaje en lugares elevados y cerciórese de haber recibido capacitación adecuada para su uso.

2. **Comunicación de peligros**
   Sugerencia: Cerciórese de que su empleador le dé un programa de comunicación de peligros y que usted cumpla con éste. Siga todas las instrucciones.

3. **Andamios**
   Sugerencia: Antes de trabajar sobre andamios, cerciórese de que tenga una base sólida, un entarimado adecuado y barandas de seguridad.

4. **Bloqueo y etiquetado**
   Sugerencia: Apague el equipo y desconecte todas las fuentes de energía primarias y secundarias antes de realizar el bloqueo.

5. **Protección respiratoria**
   Sugerencia: Elija el respirador adecuado para el trabajo.

6. **Escaleras**
   Sugerencia: Use la escalera correcta para el trabajo y mantenga 3 puntos de contacto mientras esté en la escalera.

7. **Vehículos industriales motorizados**
   Sugerencia: Obtenha capacitación adecuada antes de usar un vehículo industrial motorizado y úselo de conformidad con las instrucciones del fabricante. Nunca se exceda de la carga nominal.

8. **Requisitos de capacitación para la protección contra las caídas**
   Sugerencia: La OSHA requiere que se suministre protección contra las caídas a una elevación de 4 pies en lugares industriales generales, 5 pies en astilleros, 6 pies en la industria de la construcción y 8 pies en operaciones de estiba en muelles.

9. **Protección de máquinas**
   Sugerencia: Nunca active una máquina sin tener los protectores en su lugar. Si falta un protector o hay un protector dañado, no use la máquina e informe a su supervisor inmediatamente.

10. **Equipo de protección personal y equipo salvavidas**
    Sugerencia: Use protección apropiada para los ojos y la cara cuando haya peligros como partículas que salen disparadas al aire, sustancias químicas líquidas, ácidos o líquidos causticos, metal fundido, gases o vapores químicos o radiación leve.

**Los puntos básicos de la ergonomía de los dispositivos**


Para prevenir estos tipos de lesiones, observe estas sugerencias:

A) Haga pausas cada 20 minutos cuando esté usando un teclado. Si tiene pensado usar una tableta por más tiempo, use un teclado separado y un soporte para tableta para evitar la tensión en el cuello.

B) Escriba menos mensajes y mensajes más cortos. Use dictado cuando sea posible. O use aplicaciones para el reconocimiento de voz, expansión de abreviaturas o función de completar palabras para reducir la información que tiene que ingresar con el teclado cuando envía mensajes de texto.

C) Use dispositivos de manos libres para eliminar posturas inclinadas y estáticas cuando tiene que pasar mucho tiempo en el teléfono (reuniones telefónicas o llamadas en conferencia).

D) Mantenga las muñecas en posición neutral y alterne las manos cuando esté sosteniendo dispositivos móviles.

E) Mantenga la cabeza en posición neutral y mantenga los codos relajados bajo los hombros.


G) Alterne el uso de dedos y pulgares cuando use un teclado para reducir la probabilidad de lesiones por movimientos repetitivos al pulgar.

H) Cambie de posición con frecuencia (síntese, pérase o camine) para mantener los músculos fuertes y flexibles.

**Manténgase seguro en línea**

Durante el Mes de seguridad en Internet, haga un repaso de sus hábitos en línea para mantenerse alejado de los virus y el software espía; actualice los programas de seguridad, los navegadores, las aplicaciones y los sistemas operativos. Ayude a sus hijos a navegar con seguridad por su mundo digital y enseñéles a evitar experiencias perjudiciales en línea; exploren sitios web, juegos, aplicaciones y redes sociales y establezca ciertas reglas. Obtenga más información en staysafeonline.org.

**LA ESQUINA DE LA SEGURIDAD**

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¿Cómo arreglar un parabrisas?
No es tan simple

La nueva tecnología en los vehículos, como parabrisas con sensores incorporados, es una gran innovación, pero que pasa si se desportilla o raja?

Podría no ser tan fácil reemplazar los parabrisas más nuevos debido a los sensores y demás tecnología incorporada en el vidrio. Los parabrisas pueden ser peligrosos si no se arreglan o alinean correctamente. A medida que confiamos más en sistemas avanzados de asistencia para el conductor, incluso un impacto leve puede desalinearlos. Si su sistema de asistencia no se recalibra correctamente, esto podría significar la diferencia entre la vida y la muerte. Cuando haga reparar su vehículo, cerciórese de que un técnico capacitado recalibre o realinee sus cámaras correctamente. Podría costarle más al principio, pero es mejor que esto no le vaya a costar la vida.

Sugerencias en caso de TORNADO

Las alertas de tornado se emiten cuando las condiciones son favorables para la formación de tornados. Las advertencias de tornado son más serias y significan que tiempo inclemente es inminente. Si su área recibe una advertencia de tornado, tómela en serio; busque refugio y evite las ventanas.

En el interior: Vaya al nivel más bajo y manténgase bajo una protección sólida, como por ejemplo un colchón o una mesa fuerte. Sepa dónde se encuentran los artículos pesados por encima de usted (como un piano o una nevera) y evite esa área. Vaya a una habitación central pequeña o póngase debajo de una escalera.

SUGERENCIA: Si está en un rascacielos, vaya al centro del edificio, en el piso más bajo, manténgase bajo una protección sólida, como por ejemplo un colchón o una mesa fuerte.

En el exterior: Si está en un automóvil o casa rodante, salgase y busque refugio en una estructura permanente. Si se ve atrapado en un tornado, estaciónese su automóvil, quédese con el cinturón de seguridad puesto, cúbrase la cabeza y agáchese por debajo de las ventanas. ¡Está al aire libre! Vaya al lugar más bajo posible, manténgase lejos de los árboles y automóviles; acuéstate pegado al suelo, boca abajo, con las manos sobre la cabeza.

Nota: Devido al tiempo de entrega de producción, es posible que este problema no refleje la situación actual de la COVID-19 en algunas o todas las regiones de los Estados Unidos. Para obtener la información más actualizada, visite coronavirus.gov.

Generación de seguridad

Ya sea que use un generador portátil para hacer cárnic en vehículos conocido como “tailgating” o simplemente esté haciendo frente a un apagón, cerciórese de usarlo de manera segura.

LEA las instrucciones antes de usar su generador.

NUNCA use un generador portátil en el interior, en un espacio parcialmente cerrado (lo que incluye enteros y garajes) o cerca de una ventana abierta. Los generadores emiten monóxido de carbono, el que es inodoro y perjudicial para la salud, pudiendo incluso causar la muerte. Ponga el generador al aire libre e instale una alarma de monóxido de carbono.

USE cables de extensión para trabajo pesado cuando vaya a conectar el generador a artefactos electrodomésticos.

EVITE conectar el generador directamente a la fuente de alimentación de energía de su hogar. Podría causar un aumento repentino de electricidad que podría causar lesiones o la muerte.

APAGUE el generador y déjelo enfriar antes de reabastecerlo de combustible.

ABASTEZCA el generador de combustible al aire libre. No guarde combustible en su hogar.

NO haga funcionar el generador cerca de materia combustibles.

ALTERNE el tiempo de operación para el uso del generador con equipo y artefactos electrodomésticos para evitar sobrecargar los circuitos.