



Hello CCSD66 Community!

COVID-19 has changed many of our daily routines in a way no one anticipated since March. Our “normal” looks a bit different now, and it makes it easier for us to settle with a more sedentary lifestyle packed with activities like watching television and sitting for a longer period of time. Ironically, keeping up with our physical and mental health becomes more important than ever!

### What are some things you can consider to maintain a healthy lifestyle and routine during this time?

- **Stay active:** For many of us, going to a gym might not be an option anymore; however, there are lots of safe alternatives to get physical activity while maintaining social distancing and avoiding large crowds. Many exercises like yoga or stretch can be done at home. Going for a brisk walk or jog outside in uncrowded areas outdoors is considered relatively safe. Explore more nature!
- **Adequate sleep:** Good sleep is essential to our overall health. Many studies show that adequate sleep boosts our immune system and overall body’s defense system! While “adequate sleep” can be different for each person, CDC recommends at least 7-8 hours of sleep.
- **Diet and nutrition:** It is easy to get take-out foods or fast food during this time, but it is really important to feed our body with nutrition-dense foods! Eat fresh fruits and vegetables every day!
- **Routine Healthcare:** It is still important to do your annual checkup and vaccinations for you and your child! If you usually get a flu shot, it is a good idea to get it before the flu/cold season gets here.
- **Cope with stress and anxiety and self-care:** When there are many unknowns, we get stressed and become anxious. It is important to take care of your mental health and practice self-care to feel great! Things you can do include exercise, meditation, or whatever that makes you feel good!

### Advice on Travel During COVID-19

It is also important to be cautious when you travel. As some of the restrictions have been relaxed since the state entered phase 4, many of us have been traveling and/or planning on travels on weekends outside of Illinois. COVID-19 cases and deaths have been reported in all 50 states across the U.S. and in over 200 countries across the globe. Because travel increases your chances of getting infected and spreading COVID-19, being mindful when planning your trip is an important way to protect yourself and others from getting sick. When you must travel away from your local community, keep informed about the current COVID-19 status of a potential destination and keep your family safe by avoiding travel to places of higher risk. Before you travel, please check [CDC](#) or [IDPH](#) on whether your destination is a high-risk or low-risk area. It is the best to avoid high-risk areas.

If you are planning on international travel or traveling to “hot spots,” we kindly ask you to quarantine for 14 days upon returning. You should monitor possible symptoms at home. If you develop any symptoms, please contact your health care provider for a possible COVID test.

Practice the **3 Ws** when you do travel, whether it is out of town for vacation or simply away from home. **3 Ws** are **W**ear a face covering, **W**ash your hands, **W**atch your physical distance (staying at least 6 feet from others). Thanks to you, your child, and our employees' diligence to adhering to the **3 Ws**, we have had zero positive cases inside our schools thus far! This is not to say that we won't have a positive case in the future, but adhering to the **3 Ws** allows everyone to stay healthy for in-person and remote learning. Please continue to be mindful and follow the protocols and guidelines this Labor Day weekend so we can keep our schools and communities as safe as possible. We appreciate your cooperation and **please keep doing an awesome job!** Enjoy your Labor Day!

Nurse Baek and Dr. Wise