

WE ARE IN THIS TOGETHER

Hi neighbor!

Checking in on you and reminding you that we are in this together. We're hoping you're taking good care of your health and reducing stress during this time, when our health is so important. Here are some health tips to keep our mind, body and, most importantly, our lungs as healthy as possible:



- Hydrate.** Proper hydration helps flush out any impurities and keeps our organs healthy.
- Rest, rest, rest.** A rested body and mind helps maintain a healthy immune system.
- Think Healthy. Eat Healthy.** Healthy eating habits can go a long way when trying to stay healthy.
- Quit smoking and vaping** as these damage lungs. Healthy lungs are key to defeating the virus. For help quitting smoking or vaping or for ways to manage cravings visit California Smoker's Helpline, www.nobutts.org.
- Be Kind.** To yourself and others. We never know what someone is going through during these unprecedented times. A little kindness goes a long way.

For more health tips visit California Department of Public Health's website at <https://www.cdph.ca.gov/> or The Centers for Disease Control and Prevention's website at <https://www.cdc.gov/>.

Your lung health is more important than ever.

My name is: _____

You can contact me via: _____

I can help with:

- | | |
|---|--|
| <input type="checkbox"/> Pick up supplies/groceries | <input type="checkbox"/> Mailing letters |
| <input type="checkbox"/> Friendly phone call | <input type="checkbox"/> Other _____ |