



# COVID-19 EMOTIONAL SUPPORT MONTH Week 5

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## You Are What You Eat: Choose Foods that Boost Immunity, Fight Infection, and Improve your Emotional Health



Making sure you are eating a diet high in immune-boosting nutrients is one way you can take an active role in maintaining your health and wellness.

Your body uses and absorbs nutrients more efficiently when they come from whole food sources like fruits and vegetables, rather than processed foods or supplements. Getting a variety of these foods and nutrients in your diet is essential compared to focusing on just one or two in large quantities. The more colorful your plate is with a variety of choices from the list on the next page, the better.

1. Consuming foods high in vitamin C such as grapefruits, oranges, tangerines, sweet red pepper, broccoli, strawberries, kale, and kiwifruit are thought to increase white blood cell production, which is key to fighting infection.
2. Beta-carotene converts into vitamin A, which is an anti-inflammatory vitamin that can help your antibodies respond to toxins, such as a virus. Carrots, spinach, kale, apricots, sweet potato, squash, and cantaloupe are all great sources of beta-carotene. Vitamin A is a fat-soluble vitamin, so consuming foods with healthy fats will aid in its absorption. A great immune-boosting combination would be carrots with traditional hummus or a spinach salad with avocado or olive oil in the dressing.



3. Vitamin E is a fat-soluble vitamin that is key in regulating and supporting immune system function. Foods rich in vitamin E include nuts, seeds, avocado, and spinach.
4. Green tea is packed with antioxidants that have been shown to enhance immune system function. It also contains amino acids that may aid in the production of germ-fighting compounds in your T-cells, which reduces inflammation in the body and helps fight infection. Green tea can be consumed hot, cold or as Matcha powder.
5. Vitamin D is essential to immune function and helps regulate the body's immune response. Vitamin D can be

found in salmon, canned tuna, egg yolks, and yogurt. Your body can also synthesize vitamin D with just 13-15 minutes of sunshine three times a week.

6. Yogurt contains live cultures, also known as probiotics, which are thought to help stimulate the immune system to fight off disease.
7. Garlic contains compounds that help the immune system fight germs in a variety of ways by stimulating cells important to fighting disease and helping to regulate the immune system. It helps boost the production of virus-fighting T-cells and can reduce the amount of stress hormones your body produces which can help keep your immune system functioning at full strength.
8. Vitamin B-6 is essential in the formation of new and healthy red blood cells, and aids in maintaining the lymphatic system. Chicken, turkey, cold-water fish (salmon and tuna), chickpeas (traditional hummus), bananas and fortified breakfast cereal are great options for consuming vitamin B-6.
9. Water helps produce lymph which carries white blood cells and other immune system cells through the body. There are many foods with high water content such as cucumbers, watermelon, and celery. If you have a hard time drinking plain water, try a cup of green tea with lemon, watermelon, cucumber or mint-infused water for an immune system powerhouse beverage.
10. Immune system cells need zinc to function as they are intended. Zinc is a mineral that our body does not store or produce. While oysters have the highest food content of zinc, there are several other options such as shellfish (crab, clams, lobster, and mussels), poultry (chicken or turkey), red meat and beans. Zinc is also found in fortified cereals and some breads, but the best absorption comes from animal-based foods.

Content provided by: [uhealth.com](http://uhealth.com)

## Safe outdoor activities during the COVID-19 pandemic to improve your emotional health



**The COVID-19 pandemic doesn't have to halt all of your summertime fun. Here are several fun outdoor activities you can still enjoy.**

For many people, the summer of 2020 has been like no other in recent memory. Public health restrictions caused by the coronavirus disease 2019 (COVID-19) pandemic have led to cancelled festivals, concerts and other events. Many vacations and large celebrations have been limited or put on hold.

Despite the changes caused by the COVID-19 pandemic, there's still plenty of fun to be had. In fact, seeking out fun activities may be even more important now. Doing something you enjoy can distract you from problems and help you cope with life's challenges.

When activities are near where you live and allow plenty of space between you and others, outdoor activities pose a lower risk of spread of the COVID-19 virus than indoor activities do.

### Why choose outdoor activities?

The COVID-19 virus is primarily spread from person to person through respiratory droplets released into the air when talking, coughing, or sneezing. When you're indoors, you're more likely to inhale these droplets from an infected person, especially if you're in close contact, because you're sharing more air than you do outdoors. Poor building ventilation can cause droplets to hang in the air for a longer period of time, adding to the potential for infection.

When you're outside, fresh air is constantly moving, dispersing these droplets. So, you're less likely to breathe in enough of the respiratory droplets containing the virus that causes COVID-19 to become infected.

Being outside offers other benefits, too. It offers an emotional boost and can help you feel less tense, stressed, angry or depressed.

### Low-risk ways to move more

Coming into close contact with people who don't live with you increases your risk of being exposed to someone infected with the virus that causes COVID-19. That's why, in general, any activity that allows you to keep a social distance of at least 6 feet (2 meters) from others is lower-risk.

There are many activities you can enjoy close to home, whether you're visiting your favorite public park or even spending time in your neighborhood. Get moving with these low-risk outdoor activities during the pandemic:



- Walking, running and hiking
- Rollerblading and biking
- Fishing and hunting
- Golfing
- Kayaking, boating and sailing
- Fitness classes, held outside, that allow distance

Avoid crowded sidewalks and narrow paths and choose routes that make it easy to keep your distance. Wear a mask when you can't maintain at least 6 feet (2 meters) from people you don't live with. Don't wear a mask during activities in which it might get wet, such as swimming.

## Low-risk social activities

Many other outdoor activities can be good choices, too:

- **Picnics.** Pack food from home or pick up takeout from your favorite restaurant or food truck and take it to enjoy at your favorite public park.
- **Farmers markets.** Wear a mask and maintain a social distance of at least 6 feet (2 meters) from others.
- **Gathering with friends.** Allow for social distancing between people from different households and skip the hugs and handshakes. Plan activities that don't require close contact, such as sidewalk chalk for kids and games like Frisbee. And offer hand sanitizer. Remember that just getting together for a chat at a safe distance can offer a valuable opportunity to be with people you care about — and boost your mood at the same time.
- **Drive-in movies.** The COVID-19 pandemic has launched a drive-in movie theater comeback in the U.S. It's something many people can enjoy together with plenty of physical distance.



## Low- to moderate-risk outdoor activities

Depending on how they're done, many popular outdoor activities can also be done safely, including:

- **Restaurant patio dining.** Outdoor patio dining at uncrowded restaurants where patio tables are spaced appropriately is safer than indoor dining. Wear a mask when not eating or drinking.
- **Camping.** If you only have close contact with people you live with, camping is low-risk. If you camp with people outside your household, camp in separate tents spaced at least 6 feet (2 meters) apart and avoid sharing camping supplies, including food and drinks. Pack hand soap, hand sanitizer and supplies to clean and disinfect commonly-touched surfaces.
- **Swimming pools and beaches.** Close contact (closer than 6 feet, or 2 meters) with others — not water itself — can make these activities risky. If you go to the beach and come into close contact with others, your risk is higher. Water itself doesn't seem to spread the COVID-19 virus to people.
- **BBQs and outdoor potlucks.** Keep your gathering small, maintaining social distance from others. Plan activities that don't require close contact. You may even choose to have everyone bring their own food and drinks to enjoy the togetherness with less chance of virus spread. Wear a mask when not eating or drinking.



- **Sports and sporting events.** Contact sports, such as wrestling and basketball, carry more COVID-19 risk than others. Team sports such as tennis, baseball, softball and soccer, pose less risk because players can maintain physical distance. It's important for spectators, players and coaches to keep social distance. Wear a mask, use hand sanitizer and ensure you have enough social distance — at least 6 feet (2 meters) — between you and other spectators, whether you're standing, sitting in chairs or sharing bleachers.

## High-risk outdoor activities

Bringing many people together in close contact for a longer period of time poses the highest risk of COVID-19 spread.

Examples include:

- **Large gatherings.** Being in large crowds of people where it's difficult to stay spaced at least 6 feet (2 meters) apart poses the highest risk. The longer people are together in these situations, the higher the risk. Weddings, festivals and parades are examples.
- **Summer camp activities.** Camps are generally high-risk because campers come from different locations and spend a lot of time together indoors, in close contact. Camps can pose less risk if campers are from the same area, don't share objects, wear masks, and spend time outdoors with at least 6 feet (2 meters) between them.
- **Playgrounds.** The many frequently-touched surfaces of playground equipment make it easier to transmit the virus that causes COVID-19. However, in many areas, parks and playgrounds are open. Children who use playground equipment should maintain distance from others and wash their hands afterwards to help prevent the spread of the COVID-19 virus.

## Think safety and enjoyment

As the COVID-19 pandemic continues, it's important to take care of yourself and those around you. Practicing good hand hygiene such as washing your hands, not touching your face with unwashed hands, social distancing from others, and wearing a mask when you can't avoid being near other people are all good steps to take. These steps are especially important for those with a higher risk of serious illness from COVID-19.

At the same time, well-being also includes doing things that make life worth living. With the right information, you can make thoughtful choices about ways to bring a sense of normalcy and joy to your life during the COVID-19 pandemic.

## Helping others

Community members play an important role in protecting children from abuse and neglect. If you are worried about the health or safety of a child, call the local CPS hotline for the county where the child lives or find a local child abuse youth victim service provider.



You can call or text the Childhelp National Child Abuse Hotline 24/7 at 800-4-A-CHILD to speak with a professional crisis counselor who can provide assistance in over 170 languages.

You may also be able to help children and youth who have been abused or neglected by stepping up to serve as a foster caregiver. Please contact your local county's Social Service or Human Service department, or call the toll-free line at 800-KIDS-4-US.

## Family Support

If you are concerned about a family in need of food or assistance, or you need resources yourself, call 211, contact your local non-profit Family Resource Center, or apply for public benefits, which may include health care, cash aid, and food and nutrition assistance, through your county's Social Services or Health and Human Services department.



You can call the California Parent & Youth Helpline at 855-427-2736 Monday – Sunday from 8:00am – 8:00pm to get emotional support from a trained Parent Advocate.

NAMI California has resources for family members supporting loved ones with mental health conditions. You can call their HelpLine at 800-950-NAMI to get information, resource referrals and support from 7:00am – 3:00pm or email [info@namica.org](mailto:info@namica.org).

Caregivers can find resources at the Department of Aging website, including guidelines to protect the health and safety of both you and your loved one from COVID-19.

### County Adult Protective Services

Adult Protective Services: Call 833-401-0832 24/7 for concerns about adult abuse, neglect, or exploitation.

Content provided by: <https://covid19.ca.gov/resources-for-emotional-support-and-well-being/>

## Hotlines if you need to talk to someone

If you are feeling overwhelmed with sadness, depression, or anxiety, or feel like you want to harm yourself or others, you can call the National Suicide Prevention Hotline at [800-273-8255](tel:800-273-8255).



There are additional resources available if you are in crisis:

- [Disaster Distress Helpline](tel:800-985-5990): Call [800-985-5990](tel:800-985-5990) (TTY [800-846-8517](tel:800-846-8517)) or text TalkWithUs to [66746](tel:66746) for 24/7 support.
- [Crisis Text Line](tel:741741): Text HOME to [741741](tel:741741) for 24/7 crisis support.
- [California Suicide & Crisis Hotlines](#): Find phone numbers and links to all the suicide and crisis hotlines by county in California.
- [CalHOPE Peer-Run Warm Line](tel:833-317-HOPE): Call [833-317-HOPE](tel:833-317-HOPE) (4673) Monday – Friday from 7am – 11pm for COVID-19 specific non-emergency support.

- [California Warm Peer Line](#): Call [855-845-7415](tel:855-845-7415) for 24/7 for non-emergency support to talk to a peer counselor with lived experience.

Content provided by: <https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/safe-activities-during-covid19/art-20489385>

## How to Access Your Employee Assistance Plan (EAP) through Managed Health Network (MHN)

Life can be complicated. With MHN, getting help is easy. Remember, the best time to seek help is before a problem turns critical.

**Call toll-free 24 hours a day, seven days a week: 1-800-227-1060**  
**TTY users call 711.**

**Or visit us at:** [members.mhn.com](http://members.mhn.com)

**Register with the company code:** [cityofsacramento](#)

**You are entitled to:**

Up to 5 face-to-face sessions or telephonic or web-video consultations for problem-solving support per incident, per calendar year. Separate limits apply for work-life consultations.