

HEALTHY AT HOME

Resources for People with
Chronic Disease during COVID-19



BEING ACTIVE



Exercise is a great way to unplug from the constant news coverage of the COVID-19 outbreak. Avoid being sedentary while practicing social distancing at home. NCHPAD has created a home workout playlist to fit a variety of activity levels.

NCHPAD Home Workouts: bit.ly/2RGvTiJ

HEALTHY EATING



Healthy eating is important to overall wellness and can even aid in immune support. To limit exposure during essential trips to the grocery store, it is important to prepare beforehand. Choose My Plate has food planning tips to help people stay safe and prepared during the COVID-19 pandemic.

Food Planning During the Coronavirus Pandemic: choosemyplate.gov/coronavirus

REDUCING RISKS



Smoking has a range of adverse health effects. Not only can smoking cessation improve the management of chronic diseases, but it can also decrease the risk of developing severe illness from COVID-19. Tobacco users can receive free help by contacting the Alabama Quitline.

Alabama Tobacco Quitline:
1-800-QUIT-NOW (1-800-784-8669)
alabamapublichealth.gov/tobacco

HEALTHY COPING



Staying at home during the COVID-19 pandemic presents new challenges and sometimes more stress. It is important to take care of your mental health. The National Suicide Prevention Lifeline provides free and confidential service 24 hours a day, 7 days a week for those who may be feeling emotionally distressed, suicidal, or are worried about someone.

National Suicide Prevention Lifeline:
1-800-273-TALK (1-800-273-8255)
alabamapublichealth.gov/suicide