ALABAMA DEPARTMENT OF
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PUBLIC HEALTH

Safeguard Your Health 60 Sec PSA

This is State Health Officer Doctor Scott Harris. Coronavirus disease is a major stressor as Alabama experiences a true state of emergency - and one whose end is not yet in sight.

With that in mind, safeguarding your overall health has never been more important than it is right now.

While fear and anxiety about this deadly virus can be overwhelming, experience shows that there are ways to cope. The Centers for Disease Control and Prevention suggests the following:

• Take breaks from watching, reading, or listening about the pandemic - including social media. Hearing about it repeatedly can be upsetting;

• Take care of your body;

• Exercise regularly and get plenty of sleep;

• Eat healthy, well-balanced meals; and

• Talk with people you trust about your concerns and how you are feeling.

These are difficult times for all of us, but I hope you stay motivated to invest in your health and continue to consistently follow the practices that will prevent the spread of the disease in your home, community, and state.

For the latest information, visit our website at Alabama-Public-Health-dot-gov.

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