



# Operation Hammond First Response Inc.

# COVID19

coronavirus

## Convention Wellness Guide Tips for Staying Healthy

### KEEP YOURSELF HEALTHY.

It's important to get a **minimum of 5-2-1** to help reduce your risk of infections.



**5 hours sleep**



**2 nutritious meals**



**1 shower**

*It's more likely for you to catch something, if you are ill-rested, poorly nourished, and unhygienic!*

**Ideally strive for 8-3-1: 8 hours of sleep, 3 meals, and 1 shower per day.**

*Although your yearly flu vaccine cannot protect against COVID-19, it can still keep you and those around you healthy from other forms of con-crud!*

### ...AND WASH YOUR HANDS!



**Wash your hands often and with gusto, soap, and water for at least 20 seconds.**

If no soap is available, **hand sanitizer** can work as well.

For more information on good handwashing feel free to look at the following guide from the CDC: [www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)



**Fun 20-second things to sing include, but aren't limited to:**



*"The Imperial March" 2x,  
the beginning of the opening to Evangelion,  
the chorus from Hamilton's "My Shot" 2x,  
the beginning of "Welcome to the Black Parade"*

*the chorus of "Landslide" by Fleetwood Mac,  
the chorus of Dolly Parton's "Jolene,"  
a double dose of "Happy Birthday to You,"  
or a nice RickRoll!*

**Or, choose your favorite bathroom-singalong song, as long as you can sing it for 20 seconds!**

### POSTPONE THE FREE HUGS AND RESPECT PERSONAL SPACE



**Keep a reasonable distance and minimize physical contact with others.**

Keep in mind that many illnesses have an incubation period where the carrier IS contagious even if not showing symptoms.  
There are plenty of non-contact ways to greet people, let's use those!



*We know conventions can be crowded, but **avoiding close contact** with others is key.*