

STAYING WELL IN THE ERA OF COVID-19



The COVID-19 pandemic has affected lives across the globe, changing the way people operate in every facet of life. From how people go to work, school or even get food and supplies, living in this pandemic has put a damper on communities and forever altered how we go about our daily lives. Even though 2020 has been a difficult year, there are still positives that can be taken from this hardship. Here are helpful tips and guidelines for navigating this pandemic.

Keeping a six-foot distance while out in public in addition to consistent hand washing and wearing masks can help stop the spread of this deadly virus. The more practice that goes into better living habits, the healthier everyone can be.

There are other benefits of living in a pandemic, such as how you can practice living well right at home. There are countless exercises and wellness tips to live by in this socially-distanced world. Here are just a few of them:

- 3 to 5 hours of physical activity a week: This can include the treadmill or stationery bike, lunges, burpees, jumping jacks, squats, taking online fitness classes and more. Getting exercise while you're at home working or taking care of family can be a great way to better your wellness and keep social distancing. And it can be a great activity for the whole family.
- Having a positive mindset can bring great change into your life, especially in difficult and uncertain times like these. Focusing on good things, practicing gratitude, and spending time with loved ones are good ways to begin.
- 7-8 hours a night of sleep: A good night's sleep helps the immune system, which helps prevent infection and is a great asset to fighting a virus. Not getting enough shuteye can leave the body vulnerable to contracting a virus.
- Keeping in touch with friends, family and colleagues: One major component of working

remotely and quarantine has been the emergence of video calling. This is a great way to stay in touch with your family and friends, as well as getting to know your coworkers more. Maybe even meeting those you've never had the chance to talk with before. Staying connected can be a positive boost that's needed during this distancing time.

Being aware of local and national COVID-19 guidelines while also taking care of yourself physically, mentally and emotionally can help overcome the stress and difficulties of living in a pandemic.

Valmont is committed to providing employees with important guidelines and information during these difficult times. Valmont will also work to communicate protocols and workplace changes with all employees as we move forward through this pandemic. For more information, visit [cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html).