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Everything You Need to Know About the COVID-19 Pandemic

- By Sheila Johnson

The coronavirus pandemic is impacting the world in several major ways. Every day, there is new information coming out about the rate of spread, safety rules and recommendations, and the progress toward a vaccine. Keeping yourself informed is the best way to keep you and your loved ones safe. Here are some great tips and reliable resources to help you get through this troubling time.

What's Happening Around the World?

During this period of constant uncertainty, keep yourself up-to-date on what's going on around the world.

- Researchers around the world are working on [vaccines and treatments](#) for the virus.
- COVID-19 cases in the [United States](#) appear to be leveling off.

- States have [started to reopen](#) with new rules in place to enforce social distancing.
- WHO officials caution that reopening communities could cause [outbreaks](#) to reemerge.

How to Keep Your Family Healthy

Protecting your family from the coronavirus means sheltering in place, practicing good personal hygiene, and staying informed.

- [Clean and sanitize](#) your home, focusing on those high-touch surfaces like doorknobs and faucets.
- To limit your trips out of the house, order your groceries [online](#) with Amazon Fresh.
- Make sure you understand [fact from fiction](#)—there is a lot of COVID-19 misinformation out there!
- Bring in a professional cleaning service to [deep-clean your home](#).

Protecting At-Risk Groups

People with underlying health conditions like diabetes and asthma face a higher risk of experiencing severe coronavirus symptoms.

- Wear a mask, wash your hands frequently, and practice [social distancing](#) in public.
- Avoid close contact with people who have a [high risk](#) of severe infection.
- If you know someone who is high-risk, offer to [run errands](#) for them.
- Postpone visits and gatherings—stick to phone calls and [video chat](#)!

Dealing with Anxiety

Whether you're concerned about the economy, your job stability, or the health of your loved ones, it's understandable to feel stressed right now.

- [Ease your anxiety](#) by practicing healthy habits like exercising, clean eating, and getting enough sleep.
- If you're struggling with [loneliness](#), pick up the phone or play some online games with your friends.
- Try to [limit your exposure](#) to negative news.

There's no question that the COVID-19 pandemic has brought some serious changes to our lives. Whether you're working remotely, home-schooling your kids, or trying to get used to seeing your friends on a computer screen, you're probably facing your fair share of challenges as you adapt to these changes. Just remember, this is only temporary!

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