



Lassen COVID-19: Incident Command

Public Service Announcement FOR IMMEDIATE RELEASE

DATE: 3/27/20

RELEASE #: 1 of 1

SUBJECT: Stay Active during the Stay at Home Order

How to stay active during self-isolation.

- Maintain a routine. Get up at the same time each day.
- Shower and get dressed in the morning.
- Try to stretch and complete a light form of exercise each day. Some ways to accomplish this in the home would be:
 - Follow along with guided exercise videos found on YouTube.
 - Go outdoors and take a walk.
 - Try a series of simple calisthenics (jumping jacks, sit-ups, push-ups, etc.).
- Maintain your hobbies and interests, if possible, or take up a new hobby such as knitting, baking, or reading a book.
- Check in on your family members
 - If you meet with up groups often, try to utilize Skype or other chat forums.
 - Check in with family members through FaceTime or Skype in order to stay connected.

For more information and updates, please visit our website at www.lassencares.org

USE THIS QR CODE FOR THE LOCAL INCIDENT ACTION PLAN (IAP):

LASSEN COVID-19



FOR THE MOST UP-TO-DATE INFORMATION, PLEASE VISIT OUR WEBSITE: **LASSENCARES.ORG**