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14 Ways to Stay Safe during the Coronavirus Pandemic

By: Nicole Pajer | April 16 2020

Cases of the novel coronavirus are surging across the globe and the public is being asked to do its part to help stop the spread. This, per experts, is not the time to panic but definitely a moment where taking a few extra precautions can go a long way in ensuring your safety. We've heard about washing our hands and following stay-at-home orders, but what else can you be doing to reduce your chances of exposure? When it comes to protecting yourself against COVID19, there are a few additional steps that you can take that can help to keep you safe. Things like wearing gloves when pumping gas (and properly disposing of them afterwards), finding ways to help manage your stress, and frequently disinfecting commonly shared surfaces can be an added boost in warding off the coronavirus.

Aimee Ferraro, (PhD) senior core faculty in Walden University's Master of Public Health program, agrees, adding: "Until we get a better idea of exactly who has the disease and who does not, or who has antibodies that protect against coronavirus and who does not, we'll need to do everything possible to reduce our risks for transmission." Thus, upping your COVID19 defenses is crucial at this point in time.

Here are 14 coronavirus safety tips to follow in the face of the current pandemic.

12. **Keep up your exercise routine:** Just because you are stuck at home doesn't mean you can't workout, and remember that fitness has been linked to an increased immune response. Getting



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outdoors is OK as long as you follow the recommended protocols. “Go for a walk every day. Get out of the house and get some fresh air,” says **Elroy Vojdani**, a functional/integrative doctor in Los Angeles. He says that you can still go outdoors, say hello, and have a chat with your neighbors, as long as you keep the six-foot recommended social distance at all times— i.e. wave from across the street or chat from the driveway over. “The practice will not only help reduce the transmission of COVID-19 but will also help enhance your immune function,” he explains.

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