



Reduce your risk of COVID-19 **MAGNACARESM**

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As our area reopens and you come into contact with more people, there's an increased chance of contracting COVID-19. People with preexisting conditions such as diabetes who get COVID-19 are at higher risk of severe illness.

Following these guidelines can reduce your risk of contracting COVID-19:

Wash your hands frequently

To protect yourself, wash your hands often with soap and water for at least 20 seconds especially, after you have been in a public place or touched shared surfaces. Avoid touching your eyes, nose, and mouth with unwashed hands. To protect others, be sure to wash your hands thoroughly after coughing, sneezing, or blowing your nose.

Practice social distancing

Avoid close contact with people who are sick, even inside your home. If possible, maintain 6 feet between the person who is sick and other household members. When among people you don't live with, maintain a distance of 6 feet.

Be careful in break rooms at work

Try to avoid sharing microwaves, coffee pots, and other appliances used by others. And think about washing your hands immediately after opening any cabinets, refrigerator doors, etc. If you use the break room, you should sit 6 feet apart from others.

Wear face coverings

While face masks can help protect you and others from transmitting the disease through respiratory droplets, keep in mind that it's not a magic bullet. We need to remain vigilant about all aspects of the workplace, stores, and everywhere else outside of your home. Turn over the page for advice on how to keep cool in your face mask in the summer heat.

Don't go to work sick

The Centers for Disease Control and Prevention (CDC) recommends that people displaying symptoms of COVID-19 stay at home to stop the spread of the disease. If you do get sick, separate yourself from other people, monitor your symptoms, and call your doctor or seek emergency care if necessary.

Be more vigilant around family

As you and your family members start venturing more into public spaces and possibly return to work, you will come in contact with many more people. As a result, you are all at increased risk of exposure to COVID-19. Therefore, it is good practice to be extra careful around family members as well – more so than when everyone was sheltering at home. While it won't be easy, try to reduce contact, keep some distance, and wash your hands and shared surfaces more frequently.

Avoid Heat Stress when Wearing a Face Mask

As the weather warms up, it's tempting to remove your face mask as you enjoy sports and other outdoor activities. However, it's important to continue wearing a face mask when around others, to reduce the chances of spreading or contracting COVID-19.

Here are **10 tips** to increase the comfort of wearing a face mask in the heat while staying safe:

- 1 Don't wet your face mask – It dramatically reduces its filtering ability
- 2 Bring extra masks and switch them if you get sweaty or caught in the rain
- 3 Find a face mask style that's comfortable for you, and keep it snug but not too tight
- 4 Apply moisturizer to help prevent a rash
- 5 Wear a mask made of comfortable fabrics like cotton, T-shirts or bamboo, with multiple layers to increase filtration
- 6 Opt for a light color, which won't absorb heat from the sun
- 7 Wear a hat to shade your face and keep cooler – and avoid those face mask tan lines
- 8 Wash your mask often, and dry it on high heat
- 9 Take a break if you're getting too hot
- 10 Avoid makeup because it can clog your pores



Sources

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html>
<https://www.miamiherald.com/news/coronavirus/article243312476.html>

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