

everyday health



www.fourcorners.ne.gov

2101 N. Lincoln Ave., York, NE

(877) 337-3573

June 2020

Fruit and Nut Sandwiches

- 4 slices whole wheat bread
 - 1/3 cup chopped raisins or dried cranberries
 - 1/4 cup chopped pecans or walnuts
 - 1/2 cup nonfat ricotta cheese
 - 1/4 tsp lemon juice
1. Combine raisins, nuts, ricotta cheese, and lemon juice in a small bowl.

2. Spread onto whole wheat bread.
3. Cut each sandwich in half diagonally.

Serves 4 Ready in 5 minutes

Nutrition Information per 1/2 sandwich serving: Calories 201, Fat 8g, Saturated fat 2g, cholesterol 10mg, Sodium 172mg, Carbohydrate 25g, Fiber 3g, Sugars 10g, Protein 8g

Source: Food and Health Communications



nrpa.org/coronavirus

COVID-19: SOCIAL DISTANCING IN PUBLIC PARKS AND TRAILS

Do not use parks or trails if you are exhibiting symptoms.

Share the trail and warn other trail users of your presence and as you pass.

Be prepared for limited access to public restrooms or water fountains.

Observe CDC's minimum recommended social distancing of 6' from other persons at all times.

Follow CDC's guidance on personal hygiene prior to visiting parks or trails.

This summer, use parks and open space while maintaining social distancing to stay active: <https://www.nrpa.org/about-national-recreation-and-park-association/press-room/NRPA-statement-on-using-parks-and-open-space-while-maintaining-social-distancing/>

Did you know using parks help you improve mental health and quality of life: <https://www.nrpa.org/contentassets/9c491783f73a45f89abb0443b1a3e977/parks-improved-mental-health-quality-life.pdf>

The American Heart Association has 25 Ways to Move More During the Summer. Keep in mind COVID-19 guidelines as you explore: <https://www.heart.org/en/healthy-living/fitness/getting-active/25-ways-to-move-more-during-summer>

NRPA National Recreation and Park Association
Because everyone deserves a great park

Thinking of hosting a gathering? As of June 1, 2020, Nebraska Directed Health Measures allow gatherings and events with restrictions in place. If you are hosting an event, please complete the **COVID-19 Event and Gathering Safety Plan Survey** to develop your event safety plan.

When you submit the form, you will be able to save a copy of your safety plan.

If your event venue holds 500 or more individuals at rated occupancy, the Four Corners Health Department team will review your plan and confirm if your plan is approved or to suggest any changes.

We encourage all gatherings and events to complete the survey as it provides resources to host safe and successful gatherings.

Find the survey here:

https://consultinglhd.sjc1.qualtrics.com/jfe/form/SV_exjsz6bW3d8FYQ5



Make a plan

App of the Month:

COVID Coach

Questions? MobileMentalHealth@va.gov



For managing stress related to the COVID-19 pandemic

Uses:

- Learn ways to improve your well-being during this global pandemic
- Use trackers for mental health and personal goals
- Find tools for coping and self-care
- Follow links to additional resources



Learn more at the National Center for PTSD website:

https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp

Take a Break!
Plant something
 Plant flowers, vegetables or herbs in a workplace green space or in an indoor pot. You and your co-workers can use your break time to tend the plants (e.g., watering, weeding, etc.) If the garden is large enough, consider using the vegetables for a work potluck or the flowers to brighten the common area in your workplace. Growing plants may lift spirits and soothe the mind and body.

Source: <https://www.workplacestrategiesformentalhealth.com/newsletter/healthy-break-activities>

How to Safely Take Off a Face Covering

- Wash your hands before touching your face covering.
- Unite the strings behind your head or stretch the ear loops.
- Handle only by the ear loops or ties.
- Fold outside corners together.
- Place covering in the washing machine (if washable) or trash (if disposable).
- Wash your hands with soap and water.

Learn more about wearing masks here: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

WHAT IF
 you got the help
 you needed to
 finally quit
 tobacco?

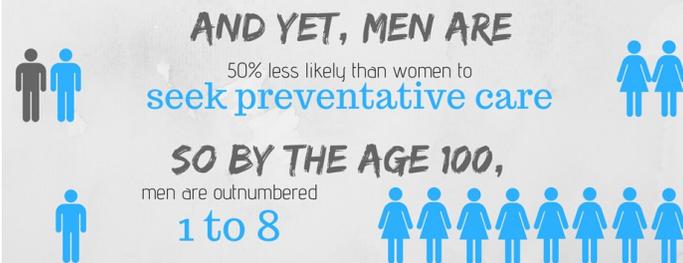
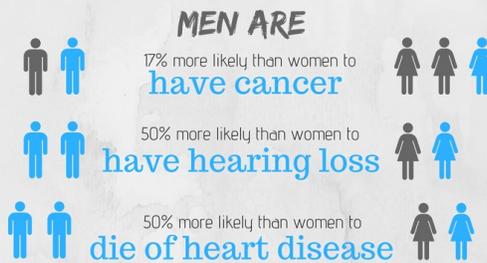


Are you thinking about quitting tobacco? Online information sessions are held each month to help you learn more about what is available to help you quit.

**Thursday, June 4th
 12:00 Noon.**

Register by phone
 (402) 362-2621 or
info@fourcorners.ne.gov

June is Men's Health Month



Find more resources at www.menshealthmonth.org
 Graphic Source: Wright Patterson Air Force Base



FIGHT THE BITE!



ARLINGTON
 VIRGINIA
 DEPARTMENT OF
 HUMAN SERVICES
 PUBLIC HEALTH DIVISION

DRESS

Dress in long sleeves and pants. This will help protect your skin from mosquito bites. Don't forget the socks!

DRAIN

Drain or dump standing water. The most common mosquito breeding grounds are water in flower pots, gutters, pet bowls, inflatable pools, and birdbaths.

DEFEND

Choose a mosquito repellent that has been registered by the Environmental Protection Agency. Registered products have been reviewed, approved and pose minimal risk for human safety when used according to label directions. Four repellents that are approved and recommended are:

- DEET (N,N-diethyl-m-toluamide)
- Picaridin (KBR 3023)
- Oil of lemon eucalyptus (p-methane 3,8-diol, or PMD)
- IR3535



Share the road with motorcycles