

29.07.2020 | STAY WELL AT HOME, STAY WELL AT WORK

WEDNESDAY WELLNESS

The COVID-19 global pandemic has undoubtedly affected us all. An increase in stress and anxiety about an uncertain future starts to take its toll on our health and wellbeing. How are you supposed to eat right when you're living on non-perishables? How can you work out when you're cooped up at home? How can you sleep when you're anxious about, well, everything?

'Wednesday Wellness' is a fortnightly newsletter created by Allied Health Professionals at KDHS to support and help our community to stay healthy while social distancing during the COVID-19 outbreak.

Masks... Where to get the right information.

The Chief Health Officer recommends that **regional Victorians** wear a face covering when leaving home if it is difficult to keep 1.5 metres apart from other people. For more information on this please visit: <https://www.dhhs.vic.gov.au/face-coverings-regional-victoria-coronavirus-covid-19>

From 11:59pm Wednesday 22 July 2020 if you live in metropolitan Melbourne or Mitchell Shire you must wear a face covering when leaving home unless you have a lawful reason for not doing so. You can find more information on what this means [here](#).

Below are some videos from the World Health Organization that demonstrate how to apply and remove face masks correctly.



As you remove the mask, pull it away from your face.



The facts about COVID-19...

For more information, please visit the [World Health Organization website](https://www.who.int)

The prolonged use of medical masks can be uncomfortable. However, it does not lead to CO2 intoxication nor oxygen deficiency. While wearing a medical mask, make sure it fits properly and that it is tight enough to allow you to breathe normally. Do not re-use a disposable mask and always change it as soon as it gets damp.

FACT:
The prolonged use of medical masks* when properly worn, **DOES NOT** cause CO2 intoxication nor oxygen deficiency



* Medical masks (also known as surgical masks) are flat or pleated; they are affixed to the head with straps or have ear loops.

World Health Organization #Coronavirus #COVID19 3 June 2020

FACT:
Drinking alcohol does not protect you against COVID-19 and can be dangerous.

The harmful use of alcohol increases your risk of health problems.



World Health Organization #Coronavirus #COVID19 27 May 2020

FACT:
You can catch COVID-19, no matter how sunny or hot the weather is. Countries with hot weather have reported cases of COVID-19. To protect yourself, make sure you clean your hands frequently and thoroughly and avoid touching your eyes, mouth and nose.

FACT:
Exposing yourself to the sun or to temperatures higher than 25C degrees **DOES NOT** prevent nor cure COVID-19



World Health Organization #Coronavirus #COVID19 27 April 2020

FACT:
There are currently no drugs licensed for the treatment or prevention of COVID-19



World Health Organization #Coronavirus #COVID19 27 April 2020

Kyabram District Health Service operates on the land of traditional owners, The Yorta Yorta people. We acknowledge their history and Elders, past, present and emerging.



Healthy Eating

Pumpkin and Broccoli Risotto

Serves 2

Preparation 10 MINS

Cooking 20 MINS

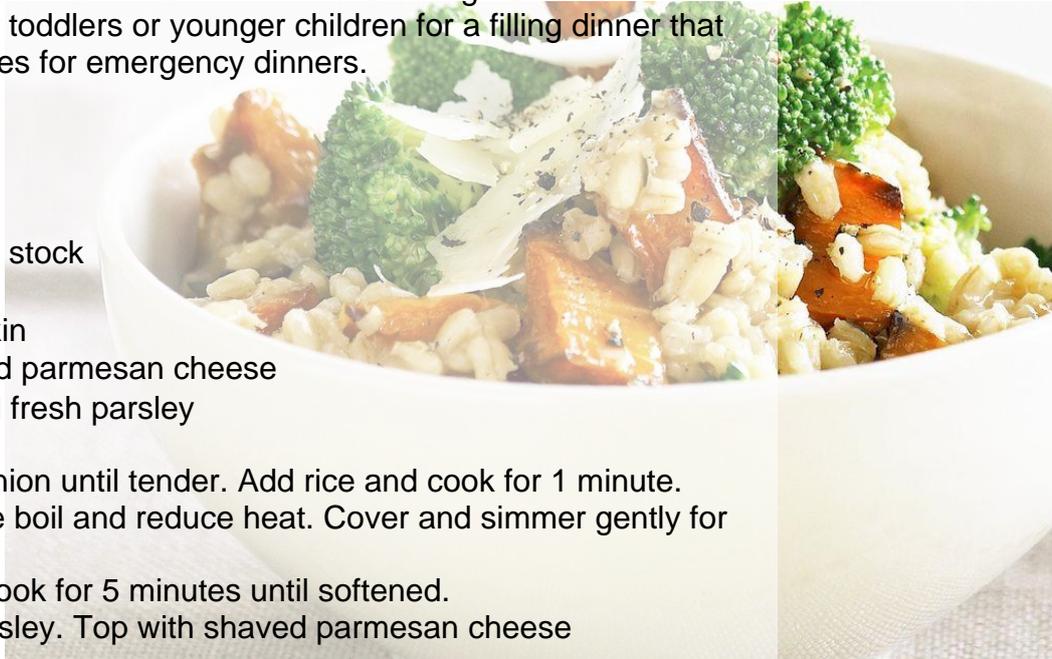
TIP: This risotto is perfect for toddlers or younger children for a filling dinner that can be easily frozen in batches for emergency dinners.

Ingredients

- 1 onion, chopped
- 1 cup short grain rice
- 3 cups boiling chicken stock
- 1 cup broccoli florets
- 1 cup chopped pumpkin
- 1 tablespoon shredded parmesan cheese
- 1 tablespoon chopped fresh parsley

Method

1. In a saucepan cook onion until tender. Add rice and cook for 1 minute.
2. Add stock, bring to the boil and reduce heat. Cover and simmer gently for 10 minutes.
3. Add vegetables and cook for 5 minutes until softened.
4. Stir in cheese and parsley. Top with shaved parmesan cheese



Sesame Bars

Ingredients

- 6 tbsp honey
- 1/3 cup peanut butter
- 1/2 cups powdered milk
- 1 cup shredded coconut
- 1/3 cup chopped raisins
- 1 cup sesame seeds

Method

1. In a small saucepan, over a low heat, warm the honey and peanut butter until combined. Remove from heat and leave to cool.
2. Add the honey mixture to the rest of the ingredients and combine.
3. Line a slice tin with baking paper and press the mixture in firmly and press with the back of a metal spoon.
4. Refrigerate and when firm, cut into squares.



Improving our Vending machine for Healthier Choice!

Kyabram District Health Service has been doing lots of work to improve the type of food served at the café offered to staff and the public.

We are now looking at offering a healthy vending machine that offers lots of healthy yummy snacks and drink options. In the meantime, we won't have a vending machine to use. But stay tuned a new vending machine will be here soon!



Looking after your mental health

Is coronavirus impacting your mental health? You are not alone, there is help out there!

Call the coronavirus mental wellbeing support service on [1800 512 348](tel:1800512348) 24 hours / 7 days a week

If COVID-19 has you feeling concerned about your wellbeing, our dedicated coronavirus mental wellbeing support service is available any time of the day or night.

For immediate support, call Lifeline on [13 11 14](tel:131114) or the Suicide Call Back Service on [1300 659 467](tel:1300659467).



Participate in Jean Hailes Women's Health Survey:
jeanhailes.org.au/survey2020.



Recommended Podcasts

[Eat, Move and Live Better](#)

[A Life of Greatness: Dave Hughes](#)

Active Living

With unprecedented changes in the way we live our lives, it is important to be aware of how this impacts your activity levels. Being active is critical for maintaining both physical and mental health, and can reduce your risk of many common chronic health issues (such as diabetes and heart disease). Regular physical activity may also help prime our immune system to lessen the risk of infection.

Can people wear masks while exercising?



16 June 2020

People should NOT wear masks when exercising as masks may reduce the ability to breathe comfortably.

Sweat can make the mask become wet more quickly which makes it difficult to breathe and promotes the growth of microorganisms. The important preventive measure during exercise is to maintain physical distance of at least one meter from others.

#Coronavirus

#COVID19



See the below links for at-home exercise ideas and routines.

[Active April](#)

[Exercise Right](#)

[Very Well Fit](#)

[Fitness Apps for women](#)

[Fitness Apps for anyone](#)

Doing any activity around the home is better than none at all. Be active during #COVID19 outbreak to maintain your heart health, muscle strength and flexibility. It is good for your mental health too!

BE ACTIVE &
STAY HEALTHY
AT HOME!



#BeActive

#HealthyAtHome

Tips to stay active at home during #COVID19 outbreak



1 Walk up and down the stairs



2 Do some stretching exercises



3 Dance to music for a few minutes



4 Seek more ideas & resources online



#BeActive

#HealthyAtHome

Keeping active every day is good for your body, mind and spirit especially during these stressful times. And more physical activities you do can improve your sleep which is also important for good health.

BE ACTIVE &
STAY HEALTHY
AT HOME!



#BeActive

#HealthyAtHome