

# UNC Wellness Centers

## Talk to Me Tuesday!

Should I Stay or Should I Go?

June 16, 2020



5/20/20

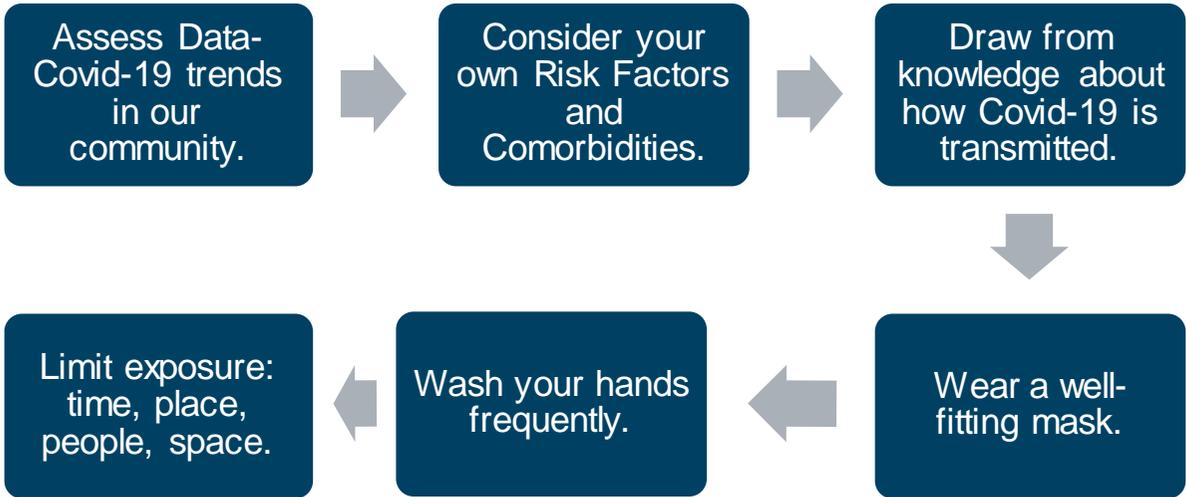
**Health Education Team:**  
Susan Chesser, Health Educator  
Britt Schuman-Humbert, Clinical Dietitian  
Liz Watt, Clinical Dietitian  
Julie McNamara, Certified Health and Wellness Coach

## Should I Stay or Should I Go?



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## How to proceed



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## Local Stats – Covid 19 NC Dashboard

North Carolina  
[Info@nc.gov/Health-Details-June-15-2020-as-of-11-40-a.m.](https://www.nc.gov/health/details-june-15-2020-as-of-11-40-a.m)

Updated daily by approximately 12:00 p.m. Last updated June 15, 2020 at 11:40 a.m.



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## Who is At Risk?

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### People 65 years and older

People who live in a nursing home or long-term care facility

People with underlying medical conditions, particularly if not well controlled,  
including:

- chronic lung disease or moderate to severe asthma
- serious heart conditions
- immunocompromised
- severe obesity (body mass index [BMI] of 40 or higher)
- diabetes
- chronic kidney disease undergoing dialysis
- liver disease.

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## COVID-19: Airborne or Droplet?

“The virus that causes COVID-19 is mainly transmitted through droplets generated when an infected person coughs, sneezes, or speaks. These droplets are too heavy to hang in the air. They quickly fall on floors or surfaces. You can be infected by breathing in the virus if you are within 6 feet of a person who has COVID-19, or by touching a contaminated surface and then touching your eyes, nose or mouth before washing your hands.”



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## The Strategy in NC.....

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### Know Your Ws!

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Wear a cloth face covering.



Wait 6 feet apart. Avoid close contact.



Wash your hands often or use hand sanitizer.

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## Social Distancing

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## Risk Prevention

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In summary, limit:

1. Time – the less time of exposure, the better;
2. Place – outside better than inside to prevent infection;
3. People – those who have been self-isolating are less risky, all should wear mask;
4. Space- maintain 6 feet physical distance.

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## Risk of Various Activities\*

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1. A BYOB backyard gathering with one other household: low to medium risk
2. Eating indoors at a restaurant: medium to high risk
3. Attending a religious service indoors: high risk
4. Spending the day at a popular beach or pool: low risk
5. An outdoor celebration such as a wedding with more than 10 guests: medium to high risk
6. Using a public restroom: low to medium risk
7. Letting a friend use your bathroom: low risk

\*Other variables influence the risk of these situations. Practice your W's to reduce your risk.

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## Risk of Various Activities\* (continued)

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- 8. Going to a vacation house with another family: low risk
- 9. Staying at a hotel: low to medium risk
- 10. Getting a haircut: medium to high risk
- 11. Going shopping at a mall: risk varies
- 12. Going to a nightclub: high risk
- 13. Going camping: low risk
- 14. Exercising outdoors: low risk

\*Other variables influence the risk of these situations. Practice your W's to reduce your risk.

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## Need additional support?

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- Contact Susan at [Susan.chesser@unchealth.unc.edu](mailto:Susan.chesser@unchealth.unc.edu) with questions or concerns related to today's topic.
- **Virtual Nutrition Counseling is available.** New members receive a complimentary 30 minute session.
- **Web Wellness Program** – This 10-week program offers regular virtual support from the dietitian. The program starts with an initial virtual nutrition consultation and provides weekly support through email and electronic tracking methods.
  - Contact Liz at [Elizabeth.watt@unchealth.unc.edu](mailto:Elizabeth.watt@unchealth.unc.edu)
  - Contact Britt at [Britt.Schuman-Humbert@unchealth.unc.edu](mailto:Britt.Schuman-Humbert@unchealth.unc.edu)

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## ***Coming Up Next!***

**June 23: Energize Your Life.** Take inventory of your *energy boosters* and *energy drains* and get focused on the behaviors that help you thrive. Join the session to rediscover movement as a source of joy, how to nourish your body for energy and improve the quality of your sleep.

**June 30: Mindset Matters: How to Be Mindful in the Midst of Crisis.** Changing your mindset and being more mindful are ways that we can get a handle on the things that we *can* control. Join this session to explore mindful eating, breath awareness, and mental flexibility to improve coping with life stressors.

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## ***We want your Feedback!***



Email [Julie.mcnamara@unchealth.unc.edu](mailto:Julie.mcnamara@unchealth.unc.edu)

- What future topics would you like to see?
- Other suggestions for Talk to Me Tuesday?

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## Additional Resources for “Should I Stay or Should I Go?”

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1. The "Gold Standard" is: <https://www.cdc.gov/>  
Great printable handouts:  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention-H.pdf>  
<https://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things.pdf>
2. North Carolina state website is: <https://www.ncdhhs.gov/divisions/public-health/covid19>  
Option to sign up for weekly updates
3. As North Carolina's restaurants, hotels, attractions and shops reopen, Count On Me NC is a Public Health initiative that empowers guests and businesses to keep everyone safe from Covid-19: <https://countonmenc.org>
4. UNC Health Talk- health tips and resources to empower you to live a healthier, happier life  
<https://healthtalk.unchealthcare.org/>

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