Health and Wellness Activity  
COVID-19 Resources  
March 27, 2020

This week’s recommended Health and Wellness Activity:  
The 5-Minute Miracle - Daily Guided Meditation

What Is Social Distancing?

Social distancing is a way to keep people from interacting closely or frequently enough to spread an infectious disease. Schools and other gathering places such as movie theaters may close, and sports events and religious services may be cancelled.

The Math Behind Social Distancing

<table>
<thead>
<tr>
<th></th>
<th>NOW</th>
<th>5 DAYS</th>
<th>30 DAYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>INFECTION</td>
<td>1 PERSON</td>
<td>2.5 PEOPLE INFECTED</td>
<td>405 PEOPLE INFECTED</td>
</tr>
<tr>
<td>50% LESS EXPOSURE</td>
<td>1 PERSON</td>
<td>1.25 PEOPLE INFECTED</td>
<td>15 PEOPLE INFECTED</td>
</tr>
<tr>
<td>75% LESS EXPOSURE</td>
<td>1 PERSON</td>
<td>0.625 PEOPLE INFECTED</td>
<td>2.5 PEOPLE INFECTED</td>
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Tips to Stay Connected During Social Distancing

As we find ourselves confined to our homes, feelings of boredom, isolation or loneliness can be common. Below is a list of 5 activities that can be done to combat such feelings and connect with our loved ones. Click the link directly below this list to access the full article.

1. Call a loved one every day
2. Send your friends a “checking in” text
3. Have an online coffee date
4. Play online games with family
5. Cook the same recipe over FaceTime

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SUBMIT YOUR APPLICATION FOR
THE MINORITY FELLOWSHIP PROGRAM
COHORT 2020-2021
BY MAY 30, 2020

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STOP COVID-19 XENOPHOBIA
CLICK HERE TO REPORT
ASIAN AMERICAN HATE
CRIMES DUE TO COVID-19
MISINFORMATION.

SAMHSA.GOV

The Substance and Mental Health Services Administration (SAMHSA) website, SAMHSA.GOV, provides COVID-19 guidance and resources to assist individuals, providers, communities and states across the country. The website is updated daily.

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Stay connected! Follow us on social media.