

# Your Health Your Life



A Health Newsletter  
from the  
Atlantic County  
Division of Public  
Health

Summer 2020

## How to Manage Anxiety Around COVID-19

Have you felt anxious because of things related to COVID-19? If so, it is a normal emotional response! We can manage some of our anxiety related to COVID-19 with these key tips:

**1. Limit exposure to media and focus on the facts.** Instead of constantly watching news on the TV, which may dramatize the more extreme claims related to COVID-19, stick with reliable sources like the Centers for Disease Control or the NJ Department of Health (NJDOH)\*. Even better, take a break from the news and social media to focus on the things that help keep us happy, like spending time with family or taking a walk outside.

**2. Recognize the good.** The unknown can be scary and overwhelming, but don't lose sight of how much work is being done every day to keep us healthy. Scientists, health care providers and government officials are working around the clock to protect us and keep us safe. Feeling gratitude and recognizing the good has been proven to increase happiness.

**3. Make self-care a priority.** Whole body wellness provides a strong foundation for managing stress. A healthy body helps lower symptoms of anxiety

and depression and a healthy mind supports problem solving and a positive outlook. These practices, in addition to good respiratory hygiene and hand hygiene, will keep us all safer and happier:

- Meditation
- Slow, mindful breathing
- Spend time in nature
- Get 7-9 hours of sleep each night
- Listen to music
- Exercise to release mood-enhancing endorphins



**4. Stay connected.** Social connection is important for your mental health so if you can't physically be with your friends and family, use video technology to stay connected.

**5. Know when to seek professional help.** If fear or anxiety brought on by COVID-19 is interfering with your everyday life, seek support from a mental health professional. This is especially important if you have underlying conditions that are made worse by stress.

For source and additional tips for relieving your anxiety related to COVID-19 go to [HMHforU.org/COVIDAnxiety](https://www.HMHforU.org/COVIDAnxiety).

## Why Do I Need to Take My Temperature?

A fever is the body's way of warning you that something is off and can be a sign that your body is trying to fight an illness or infection. The NJDOH considers a temperature of 99.6°F (37.5°C) or higher a fever/symptom of COVID-19.

**Check below, are you taking it correctly?**

**Mouth:** Place the thermometer under the tongue and close the mouth. Use the lips to hold the thermometer tightly in place. Leave it in the mouth for 3 minutes or until the device beeps.

**Armpit:** Place the thermometer in the armpit. Press the arm against the body. Wait for 5 minutes before reading. Note a reading of 98.6 in the armpit is considered a fever (+1 degree)

**Ear:** For adults, pull the top of the ear up then back. For children, pull the ear back then down. Place the tip of the thermometer in the ear-canal opening (not the wall of the ear). Press the button until it beeps. Make sure excess earwax isn't built up before using this method as this can cause less accurate results.

**Rectum:** Place petroleum jelly on the bulb of a rectal thermometer. Place the child face down on a flat surface or lap. Spread the buttocks and insert the bulb end about 1/2 to 1 inch (1 to 2.5 centimeters) into the anal canal. Be careful not to insert it too far. Remove after 3 minutes or when the device beeps.

**What's the best way to clean a thermometer?**

Clean your thermometer before and after each use using cool, soapy water or rubbing alcohol. Ear thermometer tips can be swiped with alcohol. Make sure to check the directions on the packaging to see how the manufacturer says the device should be cleaned.

For source and additional tips on how to check a fever go to [HMHforU.org/fever](https://www.HMHforU.org/fever).

\*For more information on COVID-19 from the New Jersey Department of Health (NJDOH), go to [covid19.nj.gov](https://www.covid19.nj.gov). You can also call 211. It's a national number that helps people look for resources in their communities, and answers frequently asked COVID-19 questions. (If your phone number is out of state, call 1-800-962-1253). For text alerts, tips and resources related to COVID-19, text NJCOVID to 898-211.



During the COVID-19 Pandemic  
your mental health is vital.

Call for free emotional support  
from trained staff.

**866-202-Help (4357)**

7 Days per Week 8am to 8pm

Multilingual Services Available

New Jersey  
MentalHealthCares  
NJ Hope and Healing

For more information about a variety of health topics and other health-related news visit [www.aclink.org/PublicHealth](https://www.aclink.org/PublicHealth).



Atlantic County Division of Public Health: Working for Healthy People and Healthy Communities  
Atlantic County Executive  
Dennis Levinson  
Atlantic County Board of Freeholders  
Frank D. Formica, Chairman



My Health Status	Actions to Take
I am not sick and have no symptoms <sup>1</sup> of illness	Monitor your health. Wash hands often, practice social distancing, and avoid sick people. Stay home as much as possible.
I am not sick and have no symptoms <sup>1</sup> of illness, but I have underlying health issues  OR I am not sick but am an older adult (ages 60-65 and older)	Monitor your health. Look for symptoms <sup>1</sup> of illness. Wash hands often, practice social distancing, and avoid sick people and crowds. Stay home as much as possible.
I am not sick and have no symptoms <sup>1</sup> of illness, but I was a casual contact* of a confirmed COVID-19 case	Monitor your health. Look for symptoms <sup>1</sup> of illness. If symptoms are mild, you can most likely recover at home. Wash hands often, practice social distancing, and avoid sick people. Stay home as much as possible.
I am not sick and have no symptoms <sup>1</sup> of illness, but I am a household/close contact* of a confirmed COVID-19 case	Monitor your health. Stay home for 14 days after last exposure to the confirmed case. Look for symptoms <sup>1</sup> of illness. If symptoms are mild, you can most likely recover at home. If symptoms begin to worsen and you need medical care, call a health care provider. Wash hands often. Do not go to work/school/public places.
I am mildly** sick with symptoms <sup>1</sup> of illness	Monitor your health. Stay home until you are fever-free for 72 hours (or 3 full days of no fever without the use of fever reducing medicine) AND your other symptoms have improved AND at least 10 days have passed since symptoms first appeared. Most likely, you can recover at home. Testing for COVID-19 may be performed. If symptoms worsen/do not improve and you need medical care, call a health care provider.  Wash hands often and do not go to work/school/public places. If you can get safely tested for COVID-19 you may wish to consider doing so.
I am an older adult and/or have underlying health conditions and am mildly** sick with symptoms <sup>1</sup> of illness	Contact a health care provider and monitor your health. The provider may recommend that you get tested for COVID-19. Stay home until you are fever-free for 72 hours (or 3 full days of no fever without the use of fever reducing medicine) AND your other symptoms have improved AND at least 10 days have passed since symptoms first appeared. Most likely, you can recover at home. If symptoms worsen/do not improve, call a health care provider for medical care. Wash hands often and do not go to work/school/public places.
I am moderately** sick with symptoms <sup>1</sup> of illness (i.e., my symptoms are getting worse/are not improving)	Monitor your health. Stay home until you are fever-free for 72 hours (or 3 full days of no fever without the use of fever reducing medicine) AND your other symptoms have improved AND at least 10 days have passed since symptoms first appeared. Call a health care provider and let them know your symptoms are not improving and you need medical evaluation. The provider may recommend COVID-19 testing. Stay home unless need to go to a medical facility. If you go to a medical facility, wear a face mask. Wash hands often and do not go to work/school/public places.

<sup>1</sup>Symptoms of COVID-19 include fever, cough, shortness of breath, chills, shivering, muscle pain, headache, sore throat or new loss of taste or smell.  
 \*Casual contacts are defined as being in the same indoor environment (e.g., classroom, office, or gathering) with a symptomatic confirmed COVID-19 case. Household contacts are individuals who live in the same house as the confirmed COVID-19 case. Close contacts are individuals who were within 6 feet of a confirmed COVID-19 case for a prolonged period (about 10 minutes or more) or had direct contact with the infectious secretions of a COVID-19 case (e.g., were coughed on). Walking past a confirmed COVID-19 case or just being in the same building does NOT qualify as being a close contact.  
 \*\* Mild illness = not feeling well but can stay home. Moderate illness = may need medical evaluation.

May 7, 2020

### Did You Complete the 2020 Census?

Once every decade, a census of the entire U.S. population is done. It shows us how our communities have changed and helps determine where to build new schools, hospitals and businesses; how federal funding is distributed; and how congressional seats are assigned. That is why an accurate count is so important.

The 2020 Census consists of 10 questions or less and is available in multiple languages. For the first time ever, the U.S. Census Bureau is accepting responses online. The Census can also be completed by mail or by calling 1-844-330-2020. Your participation in the 2020 Census will help impact our community for the next 10 years. Fill it out. Make it Count!

For more information, please visit:  
[makeitcount2020.com](http://makeitcount2020.com) and [2020census.gov](http://2020census.gov)

