

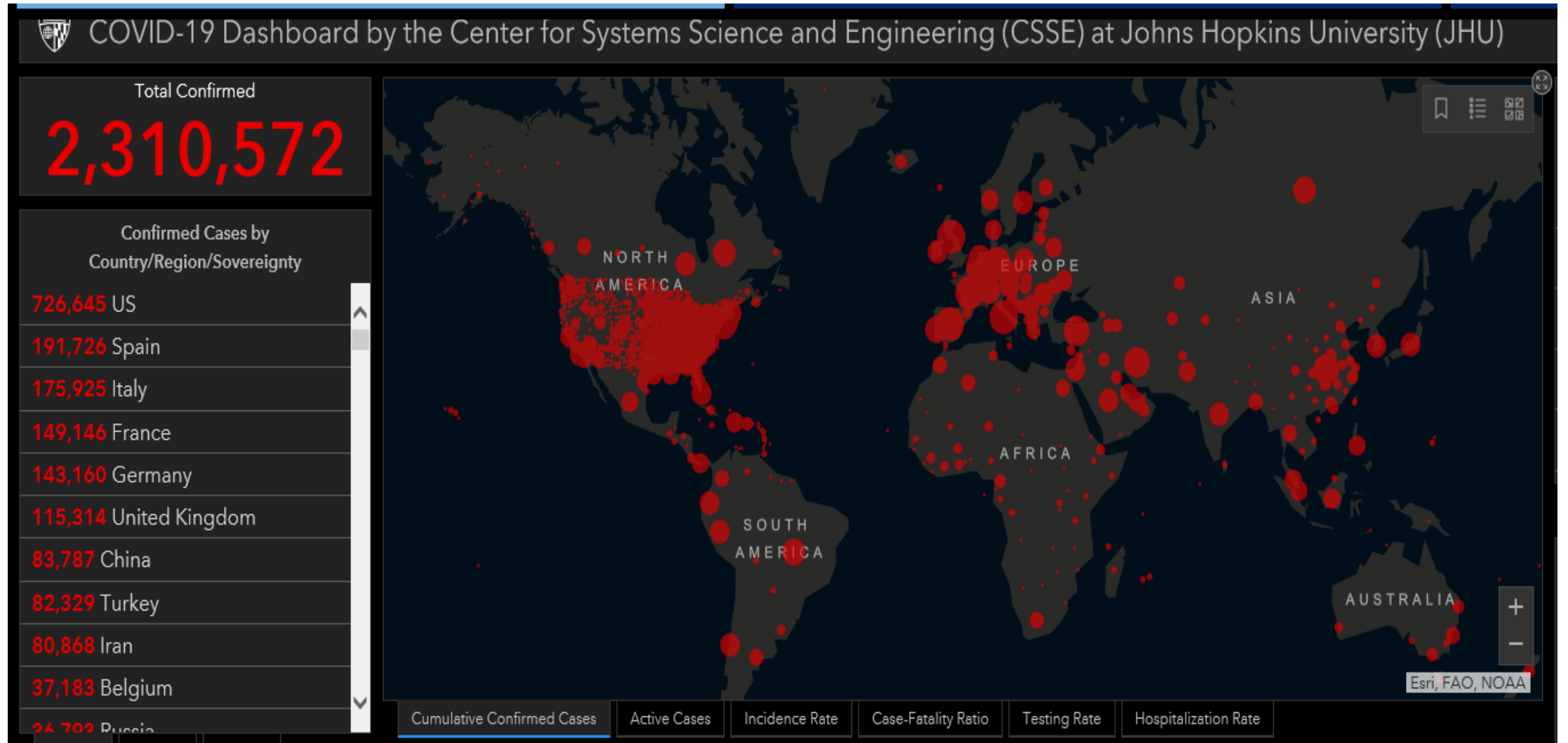


# Health & Wellness Ministry

---

Where Health is Wellness & Wellness is Health

# COVID-19



# COVID-19 Symptoms

---

- Fever
- Cough
- Shortness of Breath
- Muscle Aches
- Headache
- Sore Throat
- Diarrhea
- Loss of Taste or Smell
- These symptoms may appear 2-14 days after exposure
- Many are Asymptomatic (no symptoms) and are still able to transmit
- If you become sick, please stay home and contact your primary care provider

# COVID-19 Minnesota Data

	Median Age	Age Range
All cases	54	4 weeks - 104 years
Non-hospitalized cases	47	4 months - 104 years
Hospitalized cases	65	4 weeks - 102 years
Hospitalized cases in ICU	65	25 - 95 years
Deaths	87	56 - 100 years

Race	Percent of Cases	Percent of Deaths
White	66%	79%
Black	11%	3%
Asian	5%	1%
Native Hawaiian/ Pacific Islander	<1%	0%
American Indian/ Alaska Native	1%	1%
Other	3%	0%
Unknown/missing	16%	16%
Ethnicity	Percent of Cases	Percent of Deaths
Hispanic	5%	3%
Non-Hispanic	77%	80%
Unknown/missing	18%	17%

# COVID-19

---



# Mental Health and You during this time...

---

- We all want to keep up-to-date on what's happening in the world, taking in so much conflicting information can become overwhelming. Take breaks and give yourself some time away from watching TV, listening to news broadcasts, and social media.
- Constant intake of pandemic information will only increase your levels of anxiety and fear (fear of the unknown). Try to find a balance between keeping informed on what you need to know... Receive information from reliable sources only...
- Keep your routine as normal as possible. Go to work, keep up with your classes, connect with friends and family, etc. Self-Care and routine during this time is important i.e. sleep regularly, balance what you are eating and

# Mental health and you during this time...

---

- These events can have a deep impact on all of us and affect us all in ways that we are not familiar with such as increased anxiety, increased depressive symptoms, increased discord with loved ones, preparing as if one is going to die, feelings of grief and loss. Your emotions may fluctuate for during this time; this is normal.
- Use self-care strategies that help you; these may include prayer, meditation, exercise, music, zooming/facetimeing with family and friends, etc.
- Don't feel guilty for doing things that you normally do not do during working hours i.e. resting (if you feel tired/exhausted, take breaks, rest, nap, watch something. Our minds and our bodies are trying to get use to what is happening during this Stay In Place order, because this is not our normal routine, it takes time to get use to change.

# Stay safe and keep the peace

---

Working from home and being at home all day, has its ups and downs. This new way of being is creating harmony for some, and discord for others. Being in the home, with others, for a large portion of each day, increases the probability of increased frustration, ultimately leading to conflict, arguments, discord, and feeling helpless/hopeless.

- Anxiety levels are on the rise, primarily due to feelings of helplessness and hopelessness; not feeling in control.
  - Anxiety may look like this during COVID-19
    - Worry about your own health and the health of your loved ones
    - Changes in sleep or eating patterns
    - Difficulty sleeping or concentrating
    - Worsening of chronic health problems
    - Worsening of mental health conditions
    - Increased use of substances, food, addictive activities (old habits resurfacing)



A stack of colorful papers in various shades including brown, green, red, purple, blue, and grey. The papers are slightly fanned out. A white, rounded rectangular label is overlaid on the stack, containing the text 'THANK YOU!' in a bold, white, sans-serif font. A thin white horizontal line is positioned below the text.

THANK YOU!