



in Partnership with Seattle Housing Authority

# WELLNESS PROGRAM

Covid-19 Pandemic Supplement | May 2020

## HEALTHY HABITS, EVERY DAY

### YOUR WELLNESS TEAM



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WE MISS BEING WITH YOU!



Many thanks to the makers at SPLASH FABRIC for donating the new, 100% cotton, adjustable, made-in-Seattle mask that accompanies this information!

### FACE MASKS FOR ALL!

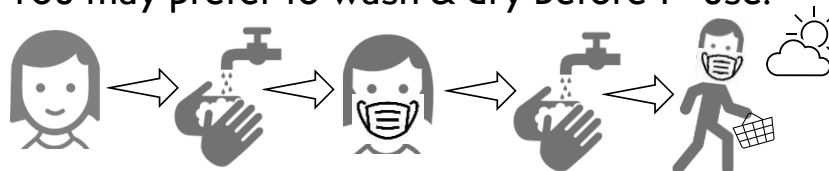
When worn correctly AND in combination with correct hand washing + social/physical distancing, cloth masks help to protect others in your community & give the wearer some protection, too.

A cloth mask...

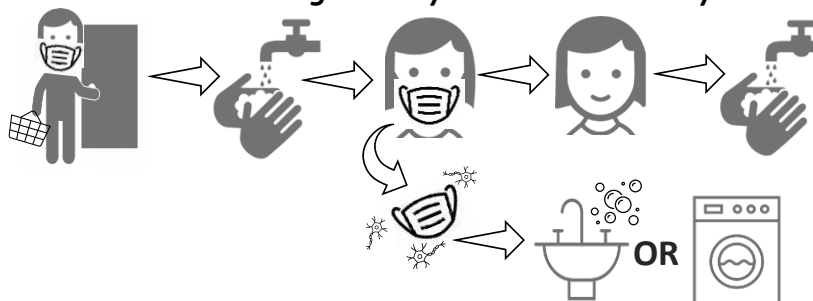
- > is not a replacement for an N95 or other procedural/medical/surgical mask.
- > is a reminder to avoid touching your face.
- > does not prevent coronavirus infection.
- > does help reduce the spread of germs.
- > may limit distance the coronavirus could travel.

### WEAR & CARE

> You may prefer to wash & dry before 1<sup>st</sup> use.



> Correct fit is snug & may feel a bit stuffy.



- > Clean Your Hands
- > Don't Touch Your Face, Even When Wearing & Removing Your Mask
- > Get Outdoors
- > Move More & Sit Less
- > Maintain Physical Distance of 6 Feet (or 2 Meters) from Other People



### TAKE IT UP A NOTCH

- > Increase mask effectiveness: Try a filter in the pocket! A paper towel, coffee filter, or cotton swatch can work. A good filter will make breathing more challenging though.
- > Researchers are exploring ways to make a cloth mask more effective at filtering out coronavirus. Learn more:
  - [tinyurl.com/ybe5bwov](https://tinyurl.com/ybe5bwov)
- > YouTube mask-wearing videos:
  - [youtu.be/jjf8ox2QTRk](https://youtu.be/jjf8ox2QTRk)
  - [youtu.be/MNsj-8wtqA8](https://youtu.be/MNsj-8wtqA8)

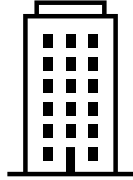
FLIP PAGE FOR WORD  
SEARCH PUZZLE!

# FULL LIFE CARE WELLNESS PROGRAM

## WORD SEARCH

APARTMENT  
 BALANCE  
 BALLARD  
 BALLARD HOUSE  
 BICYCLE  
 BLAKELEY MANOR  
 BURKE GILMAN TRAIL  
 CAPITOL HILL  
 CARROLL TERRACE  
 CLOUDS  
 COFFEE HOUR  
 COLUMBIA PLACE  
 COMMUNITY ROOM  
 COMPANION  
 COZY  
 ELEVATOR  
 EXERCISE  
 FACE MASK  
 FOOD  
 FRIENDS  
 FULL LIFE CARE  
 GET OUTSIDE  
 GROCERIES  
 HEALTHIER CHOICES  
 HOME  
 LAUNDRY ROOM  
 LIBRARY  
 MAIL

MENTAL HEALTH  
 MOVIES  
 NEIGHBORHOOD  
 NEIGHBORS  
 NELSON MANOR  
 NURSING CARE  
 PARKS  
 PHINNEY RIDGE  
 PHINNEY TERRACE  
 PHYSICAL ACTIVITY  
 PRIMEAU PLACE  
 QUEEN ANNE  
 RAINIER BEACH  
 RESIDENTS  
 RESOURCES  
 REUNION HOUSE  
 SCHWABACHER HOUSE  
 SEATTLE  
 SEATTLE HOUSING AUTHORITY  
 SHARING  
 SKY  
 SOCIAL SUPPORT  
 SUNRISE MANOR  
 TAI JI QUAN  
 TREES  
 VOLUNTEER  
 WALKING  
 WELLNESS



A E D G X T T P S H P L J J O A S P M S D U O U L H V A R B  
 E Y L N V G R P H I N N E Y R I D G E M O V I E S T P O E U  
 S R U T V D E N S Y A J L C K P U E O K W O T E M L N W U R  
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 A J I T N E M T R A P A N R P P Z K Y N U C E B T Y C M R U  
 A E Y R A R B I L S J B I X O W T X N Y I R V C V K V A T A  
 N D A N K Q W G X P W O X X I O J E H S T S C Q A A A E U L  
 E S U O H R E H C A B A W H C S M O E Q S A R E N F D J B A  
 H C A E B R E I N I A R E V B T T B Z K X O U U S F Y G K X  
 U K K V H Z L L K E Q T Z C F K H U N Q M P D X N N N O F C

REMINDER: THE WASHINGTON STATE DEPARTMENT OF HEALTH RECOMMENDS WEARING A CLOTH FACE COVERING IN PUBLIC PLACES WHEN WITHIN 6 FEET OF ANOTHER PERSON. - May 2, 2020