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How to Stay Healthy During the COVID-19 Quarantine

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It's normal to cut corners when engaging in everyday activities, especially when you're comfortable with the task. But to avoid putting yourself and your family at risk during the [coronavirus disease 2019](#) quarantine, examine your habits to make sure you're not cutting corners on your health.

Perhaps the most important factor when it comes to your habits during this time is to avoid spreading germs.

For specific guidance on everything from personal hygiene to keeping areas around your house clean and avoiding contact with others if you must leave the house, the [Centers for Disease Control and Prevention](#) is a great resource.

But maintaining good health during the quarantine means following guidance for [covering your face in public](#) and considering paying extra attention to your eating habits, exercise and personal schedule.

With that in mind, here are some other things to consider:

Wear cloth face coverings when you go out

Military personnel, families and supporting civilian members serve as role models during extremely challenging times. One way you can do this now is to take steps to protect yourself and others whenever you need to go out. This includes following Department of Defense and CDC guidance for [wearing cloth face coverings](#) in public settings where [social distancing](#) may be hard to maintain. This can slow the spread of the virus and help people who may unknowingly have it from transmitting it to others.

- **Cover your face.** [Create your own cloth face coverings](#) using common household items

such as T-shirts, scarves and bandanas. Making and using these coverings helps protect public health while reserving critical supplies such as surgical masks and N-95 respirators for medical first responders, as current CDC guidance recommends.

- **Know the exceptions.** Do not place cloth face coverings on children under age 2, anyone who has trouble breathing, is unconscious, incapacitated or otherwise unable to remove the mask without help.
- **Be careful not to touch.** Avoid your eyes, nose or mouth when removing your face covering. Wash your hands as soon as you finish.
- **Follow guidance.** Wear your face covering whenever you are on Department of Defense property, installations (except personal residences) and facilities when 6 feet of social distance isn't possible in public areas or work centers.

Be good to your body

Keep yourself healthy with the following activities:

- **Get moving.** Reach out to a Military OneSource [health and wellness coach](#) to develop an exercise plan just for you with the equipment you have at home. You can make an appointment for a phone, online or video session by calling Military OneSource at 800-342-9647. OCONUS/International? [Click here for calling options.](#)
- **Keep your bedtime the same.** It's tempting to binge watch your favorite shows late into the night if you are not currently reporting to work or if you are working from home, but resist that urge. Sleep helps restore and [relax your mind and body](#). A good sleep routine keeps you healthy.
- **Eat regular, nutritious meals with your family.** Teach your children how to stay healthy by [choosing healthy meals](#). Show them how to plan a meal, cook it, set the table and clean up after. Family meals are a great time to bond and get to know each other better, not to mention staying healthy.
- **Order medications online.** Order your medications online to avoid contact with people who may have the virus. [Here's how to get home delivery for medications under TRICARE.](#)

Be kind to your mind

Mental health is just as important as physical health. Here are a few ways to stay informed with updates on safety while keeping current events in perspective.

- **Engage your mind in your favorite activities.** During the quarantine, make sure you are scheduling time for yourself to participate in the activities you enjoy the most. Whatever your thing is—reading a book, painting, playing an instrument or streaming your favorite music, dancing, writing, singing, etc.—do it, enjoy it and you'll feel better for it.
- **Avoid information overload.** Watching or reading too much negative news can increase

anxiety. Instead, limit the time you take in negative news and use the extra time to fill yourself with something positive like writing down all you are grateful for or using these other [tips for emotional wellness](#).

- **Practice self-care.** Plug into tools to help you de-stress and take care of yourself. The Defense Health Agency recommends several: Breathe2Relax trains you on deep-breathing techniques and is among several you'll find on the Military OneSource [Recommended Wellness Apps page](#). The [Military Meditation Coach podcast](#) provides relaxation exercises and tips for well-being.
- **Help others and ask for help when you need it.** Helping others will bring you happiness. Consider surprising a neighbor by doing their yard work or leave groceries on their porch (while keeping your social distance). Ask for help if you or your family need it; Military OneSource [confidential, non-medical counselors](#) are here for you. If you or a family member are having suicidal thoughts, call the [Military Crisis line](#) at 800-273-8255, press 1; text to 838255; or [start a confidential chat](#). If you find yourself in a dangerous, abusive situation, contact command, the [Family Advocacy Program](#) or law enforcement. If you or someone else is in immediate danger, call 911. Except in select circumstances, you have the option of making either a [restricted or unrestricted report of domestic abuse](#). Both options allow access to victim advocacy services, which include personal help and support.
- **Seek reliable information.** Look for sites that provide factual and frequently updated information such as the [CDC](#).

Stay up to date on all the latest information on COVID-19. For Department of Defense updates for the military community regarding the virus that causes COVID-19, view the following sites:

- Visit [Coronavirus.gov](#), [CDC.gov](#), [USA.gov](#) and [Defense.gov](#).
- Follow Military OneSource's [Facebook](#), [Twitter](#) and [Instagram](#) platforms.
- Continue to visit the [Coronavirus Information for Our Military Community](#) page for updates.
- Check [Move.mil](#) for PCS-related updates.