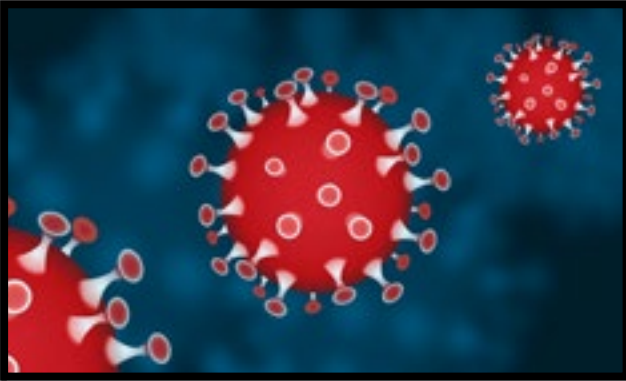


COVID-19 (Coronavirus)



According to the Minnesota Department of Health, the coronavirus is a new virus that has launched a worldwide pandemic. It is a viral respiratory illness that has caused frustration across the medical community as they learn more about this disease. It has varied in severity from zero symptoms to extremely severe, resulting in a high death toll. It is especially serious for people of high risk, with underlying medical conditions, including blood disorders, heart disease and neurological conditions.

It spreads from person-to-person contact by respiratory droplets and by touching surfaces infected with the virus. It is a highly contagious form of virus. Click on MN Dept. of Health link below for more COVID19 Coronavirus Disease 2019 information.

[Minnesota Department of Health](#)

Protect Yourself

- Wearing a mask in public can help protect others - it keeps you from spreading the virus.
- Staying home and avoiding areas where the virus may be spread, particularly if you have health conditions. When you are out in public, maintain a social distance of six feet.
- Wash your hands frequently.

THE IMMUNE SYSTEM Your Body's Defense

Our body has many lines of defense in fending off and preventing viruses and bacteria from entering our bodies. We have first, second and third-line defenses. Your skin, respiratory system, circulatory system and skeletal system all work together to provide protection against invaders that can make you sick. Keeping your body healthy and your immune system strong can make a difference and make you less susceptible to infections.

According to *Everydayhealth*, you can keep your immune system strong by:

Getting enough sleep. Research shows that the patterns of our sleep can affect how our immune response functions. Getting enough sleep ensures you are meeting those requirements of deep sleep to regulate your bodies response.

Manage stress. Stress takes a huge toll on our bodies, and can keep our immune system from working efficiently. During this uncertain time, many people are struggling emotionally and mentally. Talking to friends or loved ones can help, finding a fulfilling hobby or activity or using resources available can help keep negative thoughts and feelings at bay.

Eat healthy

While we are asked to stay at home, eating healthy might seem to be a bit more of a challenge for some, but it is a crucial part of keeping the body supplied with the vitamins and nutrients it needs to operate efficiently. The better your nutrition, the better chance you have of fending off chronic and acute disease.

Stay Active

Exercise is a vital part to keeping the body strong and healthy. Whether it's a walk around the neighborhood or a

fitness class, movement and stretching will offer great rewards both physically and mentally. There is evidence that older adults who exercise regularly can keep their immune systems functioning similarly to people decades younger, (Study published in April 2018 Aging Cell) Caring for your health is in your hands, but make sure to use the resources available to you. Follow protocol to build a strong body and immune system. Keep in touch with those close to you to help keep all parts of your life healthy.

Health & Wellness Resources:

[Center for Disease Control](#)
[Meet Minneapolis](#)
[Minnesota Department of Health](#)
[Metro Aging](#)



Central Square is offering a fun way to stay connected with your favorite instructors and friends. We now have live, instructor led fitness classes

Signing up is easy, just visit:
[Central Square Virtual Fitness Classes](#)