



COVID-19: The Latest Advice

States are working to re-open and re-start the economy, but you still need to pay attention to your health.

Here is the latest information you should know.

- **Your healthcare professional is a more reliable source of advice than the news.** So take breaks from the news, and seek your health provider's guidance about issues like sleep, diet, and immune health.
- **The best way to prevent illness is to avoid exposure.** Wash your hands often, avoid close contact with people outside your home, wear a mask, cover coughs and sneezes, and disinfect high-touch surfaces daily.
- **Monitor your health carefully and be alert for any symptoms,** especially fever, cough, or shortness of breath. Contact your healthcare provider if you experience any symptoms.
- **There are no products that treat or prevent COVID-19,** so don't buy any products that make COVID claims and beware of health products advertised or sold online.
- **The CDC indicates that certain vitamins and minerals may have effects on the immune system and inflammation.** But even dietary supplements can have unwanted effects, so seek the advice of a healthcare professional before taking them.
- **Finally, even healthy people might experience stress, fear, grief, anxiety, a worsening of chronic health issues,** increased substance use/abuse, or other mental health challenges. Monitor your mental health and seek professional help if you experience new or lasting symptoms.

For more information, visit [CDC.gov](https://www.cdc.gov).



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