

Hey, Orcas!

Here's What You Can Do To Stay Healthy



Eat nourishing foods

Every time you eat, make half your plate fruits and vegetables. These foods provide the energy and nutrients we need to stay healthy.



Move your body

Moderate physical activity for 30 minutes 5 times a week keeps us healthy. People who are physically active live longer, have more energy, and have less stress.



Manage stress

This is a stressful time. Over time, our normal stress response can disturb our immune, digestive, and cardiovascular systems, causing digestive symptoms, headaches, sadness, anger, or irritability. Consider meditation, breathing exercises, or other activities you find relaxing. Feel free not to take up a new hobby or project right now. Taking care of yourself and your family is enough.



Get 7–8 hours of sleep a night

Sleep, like nutrition and physical activity, is important for us to stay healthy. Enough sleep helps us feel well and fight off infections.



Connect with loved ones

Social connection improves physical health and mental and emotional well-being. You are physically isolated, but you are not alone. Keep in touch with people who can provide you love.



Make sure you have health care

If you have lost your job or your health care coverage, go to WAhealthplanfinder to get coverage. Free or low-cost Apple Health is available year-round and a special enrollment is available to the uninsured who have life changes as a result of COVID-19.



Practice compassion

We are all connected. Taking care of yourself protects the community. If you are healthy and under age 60, offer to help someone who is at risk of getting very sick from COVID-19. If you are over age 60 or have a chronic illness, ask for the help you need to stay home.