

May 11, 2020

Greetings from Durham!

Dearest Durhamites,

As we continue to heed stay-at-home orders due to the current health pandemic, we want to highlight **National Women's Health Week**, a week-long health observance led by the U.S. Department of Health and Human Services' Office on Women's Health. **@womenshealth**



The week of May 10-16, 2020 serves as a reminder for women and girls, especially during the COVID-19 outbreak, to make their health a priority and take care of themselves. It is extremely important for all women and girls, especially those with underlying health conditions, such as hypertension, diabetes, obesity, cardiovascular and respiratory conditions, and women 65 years and older, to take care of your health now. **#NWHW #FindYourHealth**

Share what steps you're taking for good health at every age!

Tips to take care of your body and mind:

- **Talk to your healthcare provider** if you are sick or have a health condition such as asthma, diabetes, high blood pressure or obesity to develop or maintain a plan. If you do not have health insurance, visit the [North Carolina Department of Health and Human Services](#) (NCDHHS) for options. The CDC has additional wellness guidance if you are [pregnant or breastfeeding during COVID-19](#).
- **Take care of your Mental Health.** Find healthy ways to manage stress. @CDCgov provides guidance on [how to cope with stress during COVID-19](#). May is Mental Health Month! It's a time to raise awareness about mental health and eliminate stigma. Mental Health is an important part of everyone's wellness. **Contact the Hope4NC Helpline at 855-587-3463 for additional mental health and resilience supports.**
- **Maintain a healthy weight.** Get and stay active regularly in your home or outside your home. Eat heart-healthy, well-balanced meals and snacks. Our Durham County Public Health Education Program Manager posts weekly **Mindful Monday, Wellness Wednesday, and Fitness Friday** articles, webinars, and videos on Facebook and Twitter to help families stay healthy during COVID-19.

Additionally, NCDHHS offers a list of resources if you need [help buying food](#). If you need immediate help buying food call 211. Parents who need food assistance for their children can text FOODNC to 877-877 to locate nearby free meal sites. The texting service is also available in Spanish by texting COMIDA to 877-877.

- **Practice good sleep habits** to improve mental and physical health and boost your immune system. UNC Health shares [7 Tips for troubleshooting Sleep Problems During COVID-19](#)

- **Monitor alcohol intake and avoid illicit drugs, including drugs that are not prescribed to you.** Millions of Americans have a substance use disorder. Help is available. The Substance Abuse and Mental Health Services Administration (SAMHSA) collects information on thousands of state-licensed providers who specialize in treating substance use disorders, addiction, and mental illness. **For help finding treatment, visit findtreatment.gov or call 800-662-HELP (4357). If you are feeling suicidal or in emotional distress, call the Suicide Prevention Lifeline at 800-273-8255.**
- **Look out for your lungs.** Smoking weakens your lungs. Ready to quit? The free North Carolina Quitline offers telephone counseling. **Call 800-QUIT-NOW (800-784-8669) or visit quitlinenc.com #bullcitybreathes**
- **Slow and stop the spread of COVID-19.** [Follow CDC guidelines](#). Wash your hands often. Avoid close contact. Cover your mouth and nose with a cloth face cover when around others. Cover coughs and sneezes. Clean and disinfect.

Census data informs decisions about federal funding that supports many public health and social service resources including maternal and child health, nutrition assistance, mental health, preventative health, and others.

While sheltering in place, and attending to personal, professional and academic responsibilities, remember to complete the Census **online, by mail or by telephone.**

On average, it takes less than 10 minutes to complete the Census questionnaire. Completing the Census is an opportunity to continue to positively impact our community! **Everyone Counts! Including You!**
#DurhamCounts #MakeNCCount
#2020Census @NCCensus @NCCounts

Due to COVID-19 the deadline to complete the Census is extended to **October 31, 2020**.

Go to my2020census.gov to complete the Census online.

Call 844-330-2020 to respond to the Census by phone in English.

Call 844-468-2020 to respond to the Census by phone in Spanish.

Warmest Regards,

Everyone Counts!