

## **Staying Healthy and Safe Until the Vaccine is Here**

This year has been a challenge for everyone due to the pandemic. Month after month of grim reports; with infection rates bouncing up and down like a basketball. The recent news that a vaccine is on the way has given many of us hope that the end is now in sight.

Unfortunately, distribution of the virus will take a considerable amount of time. With the recent increase in cases around the country, it has never been more important to stay safe and healthy.

So how do we stay safe and sane until everyone has access to the vaccine?

- First and foremost, keep following the CDC guidelines. Wear a mask, wash your hands frequently, keep socially distant, avoid crowds. These are proven methods that work when followed as instructed. Wearing a mask can reduce the viral load you are exposed to so you don't get sick.
- Be proactive about your self-care. If you can, put on a mask and go for a walk, even if it's just around the block. The fresh air will invigorate you and the exercise is heart-healthy. Make sure you keep up with your routine medical care as well.
- Do something creative. Read that book you've been thinking about. Listen to music that inspires you. Take a free online course. Stream a play or dance company. Paint, sew, knit; whatever feels good!
- Watch what you eat – within reason. Depriving yourself of that donut will only make you more miserable. Indulge your cravings, within reason, to stay positive and productive.
- Figure out a new way to do things. If you're used to working out in the gym 5 days a week, you have to find new ways to get the same benefit. Thankfully, there are online classes for almost every type of workout. Find one that motivates you and you might just be surprised at the result!
- Expect the unexpected. No one knows when life will go back to a semblance of normal. Learn to roll with the punches; this too will pass.

At [PRACTICE NAME], we have developed rehabilitation programs that have helped otherwise healthy patients recover from serious illnesses due to COVID. Talk to us about how our services can fulfill your wellness needs. Contact us now; house calls by appointment only.

MD: Let [PRACTICE NAME] help you navigate these difficult times. Contact us for better wellness.

Please visit <https://www.docmattlyon.com/> for a sample of my website copy.