

Wellness Wednesday



July 8, 2020

ulliance.com

Ulliance
Enhancing People. Improving Business.



Find your path to total well-being!

How To Assess Your Coronavirus Risk Before Doing An Activity

Experts share what to consider before going to reopened restaurants, stores, salons, day care and more during the COVID-19 pandemic.

States have started lifting stay-at-home orders imposed in response to the coronavirus pandemic — but with these re-openings have come mixed results. Areas like Alabama, South Carolina, Oklahoma and Florida have all seen significant increases in coronavirus cases in recent weeks, while places like New York and Massachusetts have seen a decline.

And while it may be tempting to venture out, particularly after months of isolating yourself from friends and family, is it really safe? Here, experts share how you can assess your personal risk of contracting the coronavirus in certain situations, so you can navigate your state's reopening plans safely.

Check coronavirus stats in your state

"There's a wide misinterpretation of what it means it to be reopening businesses, even in phases," said Irwin Redlener, director of the National Center for Disaster Preparedness and professor of public health at Columbia University in New York. "People equate the word 'reopening' to getting back to normal, and that's a very big and dangerous mistake."

It's important to listen to the caveats of each reopening phase, so you know what is expected of you as a customer, worker or business owner to help your community prevent the virus from spreading rapidly, Redlener said.

"Reopening has a very localized meaning," said Felipe Lobelo, an epidemiologist and senior physician consultant in population health research for Kaiser Permanente of Georgia. "People need to be aware of how much virus transmission is in their ZIP codes or counties. The more local information you're able to get, the better."

This means that while it's important to know what's going on in your state, dig a little deeper and look into that stats in your town, along with the recommendations of area health officials.

Think about other people's risk in addition to your own

Determining your individual risk is fairly easy, Redlener said. But in a pandemic, community risk is a larger concern.

"It's important to think about not only your personal risk, but the risk of your community, and the prevalence of the disease," Redlener said. "I've heard people argue that others must judge for themselves the degree of risk they are willing to take, but that's not appropriate in this situation."

Older adults (typically 55 to 65 years and up), especially those with preexisting health conditions, and individuals who are immunocompromised are often the most at risk for contracting and having complications from the coronavirus.

"You have to adopt these re-openings not only to your own personal health status, but the health status of your family, in addition to what the virus transmission is like in your community," Lobelo said.

When you're deciding to do an activity, take your family and community members into consideration if you know you'll be near them after you go out.

"If you're a single person living alone in an apartment, how you act will be very different to someone living in a multi-generational family home or in close quarters with older relatives who may have chronic illnesses," Redlener said.

Opt for outside first if you can

"I personally try to avoid closed environments as much as possible," Lobelo said. "We know that whether it's an office or a restaurant, these types of indoor settings are much better for transmission of the virus."

This means if you have to go out (or just really, really want to) try to do it in open air — even if restaurants in your area are starting to take indoor diners. And if you do end up indoors, make sure to wear a mask, Lobelo said.

Other steps you should be taking are to make sure you continue to social-distance outside and inside, and don't go out at all if you feel ill.



"These are the best stopgap measures we have until a vaccine is approved and ready," Redlener said.

Know that your risk increases the more places you go or people you're around

Don't go wild the second you're able to start going to reopened stores, salons, restaurants, camps or day cares.

"There is a cumulative risk the more time you spend in an indoor environment, and the risk increases if a majority of people (or yourself) aren't wearing masks," Lobelo said. "Even if you're trying to keep your distance, the more people you or your kids interact with is an opportunity for the virus to jump between hosts."

Be strategic about where you choose to go, and limit the number of places and visits. Also consider the collective risk of your family when you put yourself and others in these types of settings.

When in doubt, put social distancing and mask-wearing above all else

In an attempt to offset risk, many people are abiding by a two-week grace period after each phase of reopening to see how their community handles it or is affected. And while this may help calm any personal anxiety, doing this will unfortunately have little effect if you're more susceptible to the virus.

"No matter what date you decide to start going out, we won't know how virus transmission was for about 10 days after," Lobelo said. "Instead, the best thing you can do is to limit your time in indoor places and wear a mask."

However, both Lobelo and Redlener say that if you find your mental health is suffering due to isolation and you're a low-risk individual, you should go out as long as you do so safely.

"If there's someone you want to meet up with and you're able to have a picnic at the park and stay 6 to 8 feet away, that's OK," Redlener said. "Inviting all of your friends over to your apartment and not wearing a mask is not. It's all about how you apply the principles set by health experts."

And, once again, remember that this isn't just about you. These measures are for your friends, your family, your city and the country.

"Every time you take a risk [like not wearing a mask] you're taking a risk on someone else's behalf. It's not just about personal health, it's about public health," Redlener said.

Experts are still learning about the novel coronavirus. The information in this story is what was known or available as of press time, but it's possible guidance around COVID-19 could change as scientists discover more about the virus. Please check the Centers for Disease Control and Prevention for the most updated recommendations.





BROCCOLI BEEF

315 Calories | *PREP TIME: 15 mins* | *COOK TIME: 15 mins* | *TOTAL TIME: 30 mins*
YIELD: 4 Servings | *COURSE: Lunch, Dinner* | *CUISINE: Asian, Chinese*



INGREDIENTS

1 pound flank steak, cut into thin strips
1/2 teaspoon kosher salt
1/2 teaspoon ground white pepper
1/2 cup low sodium soy sauce, or
gluten-free tamari
1 tablespoon brown sugar
5 cloves garlic, minced
1 one-inch piece fresh ginger, peeled
and grated
1 tablespoon cornstarch, optional
1 tablespoon sesame oil
1/2 yellow onion, sliced
1 large head broccoli, cut into florets
and blanched
cooked rice or cauliflower rice, for serving
1 tablespoon toasted sesame seeds
3 scallions, sliced on the bias

This Broccoli Beef satisfies my craving for Chinese takeout but with less oil and sugar than what you'll find at most restaurants.

TIPS:

You can serve it over white or brown rice, or for a low-carb option, try cauliflower rice.

Use flat iron steak instead of flank steak.

Swap the steak for chicken, or for a vegetarian version, use extra firm tofu.

Nutrition Information

Serving: 3/4 cup, Calories: 315k cal, Carbohydrates: 24.5 g, Protein: 32 g, Fat: 12.5 g, Saturated Fat: 3.5 g, Cholesterol: 78 mg, Sodium: 1452 mg, Fiber: 6 g, Sugar: 10.5 g

Source: [Skinnytaste.com](https://www.skinnytaste.com)



INSTRUCTIONS



How to make:

Season the beef with the salt and white pepper.

In a small bowl, whisk together the soy sauce, brown sugar, garlic, ginger and cornstarch, if using. Set aside.

In a large nonstick skillet over high heat, warm 1/2 tablespoon of the sesame oil until just smoking. Add the beef and cook, stirring occasionally, until the meat is just about cooked through. Transfer to a plate and set aside.

Add the remaining 1/2 tablespoon of oil to the skillet, then add the onions and cook until they are softened, about 8 minutes.

Add the blanched and drained broccoli and cook for 1 minute. Then add the reserved sauce and stir to coat.

Return the beef to the skillet and continue to cook until the beef is cooked through and the sauce has reduced slightly, about 3 minutes more.

Transfer to serving plates over rice or veggie rice. Sprinkle with sesame seeds and scallions.

FEATURED EXERCISE

Grab your resistance bands – let's get to work! ✓

Staggered Squat Plus Rear Lift

Place the resistance band around your calf, shin, ankle area for this staggered squat and rear leg lift.

This leg exercise targets the entire lower body on the staggered squat with an emphasis on the butt and hamstrings during the rear leg lift. This lower body exercise is great for building glute strength, the foundation of your lower body and muscles you use daily.



Rear Leg Lift Modification: option to hold onto a chair or counter top for additional balance support as you perform the rear leg lift.

Source: <https://www.nourishmovelove.com/best-resistance-band-exercises-legs/>

Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.



Meet Ulliance Senior
Wellness Account Manager