

# Overcoming the Coronavirus Together

During the coronavirus pandemic, each of us can do our part to help protect our communities and individual health.

By closely following the most up-to-date recommendations from the **Centers for Disease Control and Prevention (CDC)** and **World Health Organization (WHO)**, you can help keep the vulnerable safe, provide relief for medical professionals, and play an important role in helping every one of us get through these difficult times.

Visit the CDC at [cdc.gov/coronavirus/2019-ncov/index.html](https://cdc.gov/coronavirus/2019-ncov/index.html)

Visit the WHO at [who.int/emergencies/diseases/novel-coronavirus-2019](https://who.int/emergencies/diseases/novel-coronavirus-2019)

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## Protect your community



### Wash your hands often

Clean your hands with soap and water for at least 20 seconds, especially after being in public, coughing or sneezing.



### Avoid close contact

Put some distance between yourself and other people.



### Clean and disinfect often

Frequently wipe down surfaces that get touched often, such as tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks. [Check the CDC website](#) to see which cleaning agents work against COVID-19.



### Know the symptoms

If you've been exposed to the virus, you may experience fever, coughing and shortness of breath within 2-14 days.

# Maintain your well-being

## Keep close connections

Catch up with family on the phone, keep a quarantined friend company through video chat, or connect with your local community through social media groups. By staying social, you can help manage your stress and [care for your emotional health](#).

## Create an ergonomic workspace

New to working from home? Help protect your neck, back and joints by [setting up an ergonomic workstation](#). To get started, adjust your chair so your knees are about level with your hips, stay an arm's length from your monitor, keep your wrists straight, and put your hands at or below elbow level.

## Stay on the move

Staying active at home can be as simple as playing with the kids or tending to a garden. You can also search a video streaming website or app store for "living room workouts," or [learn how to start your own equipment-free workout routine from home](#).

## Start healthy habits

Interested in meditation? This could be the perfect time to [learn how to start](#). Want to cook healthier? Take advantage of being home to learn how to cook nutritious meals, like [black beans with corn and tomatoes](#), [wild rice with sun dried tomatoes](#), or [Amish wheat bread](#).

# Continue your well-being journey

We offer tools that can help you maintain your well-being today, tomorrow and long after we've overcome the coronavirus pandemic. No matter what you'd like to achieve, you'll find resources that can help with stress management, exercise, nutrition and much more.



Follow WebMD's Health Coaches on Instagram ([@WebMDHealthCoach](#)) to learn tips for working out at home, ideas for cooking healthy meals and much more.

## SOURCES

Centers for Disease Control and Prevention: "How to Protect Yourself"

Centers for Disease Control and Prevention: "Symptoms"

Mayo Clinic: "Office ergonomics: Your how-to guide"