



IN THE NEWS
LIVINGSTON COUNTY DEPARTMENT OF HEALTH

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For Immediate Release

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National Women's Health Week
Steps for Better Health

National Women's Health Week (NHW) is a weeklong health observance led by the U.S. Department of Health and Human Services' Office on Women's Health (OWH). The week May 10-16, 2020 serves as a reminder for women and girls, especially during the outbreak of COVID-19, 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.

The Livingston County Department of Health and the Office on Women's Health encourages women and girls to:

- Take care of your body and mind:
 - ***Talk to your healthcare provider:***
 - if you have concerns about COVID-19;
 - if you are sick;
 - if stress is getting in the way of your daily activities; or,
 - if you have a health condition, such as asthma, diabetes, high blood pressure or obesity, to develop or maintain a plan to keep it under control.
 - ***Maintain a healthy weight.***
 - ***Get and stay active*** regularly in your home or outside your home.
 - ***Eat heart-healthy***, well-balanced meals and snacks.
 - ***Take care of your mental health***
 - Stay connected with family and friends.
 - Find healthy ways to manage stress.
 - ***Practice good sleep habits*** to improve your mental and physical health, and boost your immune system:
 - Follow a routine for going to sleep – be consistent going to bed and getting up – even on weekends.
 - Try to get at least 7 hours of sleep.
 - Monitor alcohol intake and avoid illicit drugs, including drugs that are not prescribed to you.
 - Try to ***quit smoking and vaping***.
 - Smoking weakens your lungs and puts you at a much higher risk of having serious USA.gov/coronavirus

For more information about women's health, please contact the Community Health Worker Program at 243-7299, Reproductive Health Center of the Livingston County Department of Health at 243-7540, or visit our website at www.livingstoncounty.us/doh.htm.

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