



"Stay Home, Stay Safe"

Make sure to always take measures for your safety and the safety of others.

1. Wear a mask
2. Wash your hands
3. Socially distance
4. Avoid crowds

Here are a few other tips to stay safe during the holidays

1. Get your flu shot
2. Start quarantining
3. Quarantine upon arrival & get tested if you can
4. Wear a mask
5. Have your celebrations outside
6. Open windows, if you can't have your celebration outside
7. Avoid inviting strangers, keep your circle small
8. Check CDC recommendations for latest information

TOCC Times

Stay Healthy Week

What you'll find:

Holiday Safety **P.1**

Mon, Tue **P.2**

Wed, Thurs, Fri **P.3**

Practice the Six Cs

for everyone's safety!



Avoid Crowds
Close contact
Closed spaces



Cover up
with a mask



Clean your hands



Care for yourself
Eat well, exercise, sleep

MAKE A DIFFERENCE DURING THE COVID-19 PANDEMIC



Wear a Mask and Avoid Crowds



Save PPE for Those on the Front Lines

The general public should wear cloth face coverings



Donate Blood and Plasma



Report Fraudulent COVID-19 Tests, Vaccines and Treatments



Motivation Monday

This is National Handwashing Awareness Week and with cold and flu season upon us, in the middle of a global pandemic, it is extra important that we take time to wash our hands and keep not only ourselves safe but those around us safe as well!

TRY IT TUESDAY

Fix this immune boosting meal! "Salmon en Papillote"

Ingredients:

- 1 medium zucchini
- 24 grape tomatoes
- 1 shallot
- ½ tb olive oil
- ½ tb balsamic vinegar
- 4 salmon fillets

Directions

- 375 degree oven
- In a bowl, toss zucchini, tomatoes, and shallot w/ olive oil, vinegar, and salt/pepper
- Center of parchment paper, place ¼ of the vegetable mixture & top with salmon
- Bring long ends of parchment to creat 1/2 " fold until tight seal
- Center rack, bake 20 min

MOTIVATION MONDAY

National Handwashing Awareness Week

December 6-12, 2020



Henry's Safer Classroom strategy to protect against COVID-19 and the flu!

1. Handwash every 1-2 hours!
2. Protect your eyes, nose and mouth (T Zone) vigorously! Wear a full-face shield as well!
3. Break your unconscious habit of touching your T Zone. That is how you give yourself COVID-19.

Now is the time for you, your classmates, your family, and friends to team up with Henry the Hand Champion Handwasher to teach how to combat COVID-19! Please lend Henry a Hand by sharing this message and the website (www.henrythehand.org)!

Practicing the 4 Principles of Hand Awareness will help you to remain healthy during COVID-19 or flu season! It is the best way to STOP epidemics or pandemics! Following the 4 Principles of Hand Awareness and you will be in virtual isolation regardless of the people around you because direct contamination (inoculation) of your facial mucous membranes (eyes, nose or mouth) is the most common way infectious disease enters your body.

Remember- fingers are the 10 most deadly weapons that can give you the flu or flu-like illness!

The 4 Principles of Hand Awareness:

1. WASH your hands when they are dirty and BEFORE eating.
 2. DO NOT cough into your hands.
 3. DO NOT sneeze into your hands.
 4. Above all, DO NOT put your fingers into your eyes, nose, or mouth.
- The 4 Principles of Hand Awareness have been endorsed by the AMA and AAFP.*

Thank you for helping to Spread the word not the germs!

Henry The Hand

www.henrythehand.org

National Handwashing Awareness Week is the first full week of December each year.

TRY IT TUESDAY



WELLNESS WEDNESDAY

“Why do you need to get a flu shot every year”

<https://ed.ted.com/lessons/why-do-you-need-to-get-a-flu-shot-every-year-melvin-sanicas>



THERAPUTIC THURSDAY

8 Tips to Treat Colds and Flu the ‘Natural’ Way

<https://www.webmd.com/cold-and-flu/8-tips-to-treat-colds-and-flu-the-natural-way#1>

*These are just tips, see a doctor for treatment of cold and flu

FITNESS FRIDAY

4 DAYS BEGINNER HOME WORKOUT ROUTINE DAY 1 – UPPER BODY (DUMBBELL)

@PRAZO_FIT



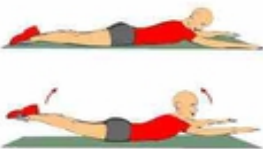
KNEE PUSHUP
3 SETS X AMRAP



FLOOR PRESS
3 SETS OF 12 - 15 REPS



SHOULDER PRESS
3 SETS OF 12 - 15 REPS



SUPERMAN
3 SETS OF 12 - 15 REPS



BENT OVER ROWING
3 SETS OF 12 - 15 REPS



UPRIGHT ROW
3 SETS OF 12 - 15 REPS



TRICEP EXTENSION
3 SETS OF 12 - 15 REPS



BICEP CURL
3 SETS OF 12 - 15 REPS

DOUBTS/QUERIES/QUESTIONS ? - ASK ME ! COMMENT BELOW

WELLNESS WEDNESDAY

All year long, researchers at hospitals around the world collect samples from flu patients and send them to experts with one goal: design the vaccine for the next flu season. But why do we need a new one every year? Vaccines for diseases like mumps and rubella offer a lifetime of protection with 2 shots early in life; what about the flu? Melvin Sanicas explains.

THERAPUTIC THURSDAY

1. Blow your nose often
2. Stay Rested
3. Gargle
4. Drink hot liquids
5. Take steamy shower
6. Apply hot * cold packs to congested sinuses
7. Sleep with extra pillow under your head
8. Don't fly unless necessary

Fitness Friday

Staying fit can build your immune system and assist with fighting off sickness