

# WOW-E

A MONTHLY EMAIL NEWSLETTER

MARCH 2020



## UPDATE FROM WOW-E TEAM

In light of COVID-19, WoW-E will be highlighting relevant COVID-19 resources this week.

Texas A&M Agrilife Extension is continually giving COVID-19 updates. There are resources on physical and mental health as well as how to best protect yourself financially. Click here for Texas A&M Agrilife Extension's information and resources.

The Center for Disease Control and Prevention is continually giving national updates on COVID-19. They let you know how to protect yourself and what to do if you think you are sick. They have information on symptoms, older adults and medical conditions, and how to prepare your family. They also have community resources on travel, school and childcare, businesses and employers, and community and faith-based organizations. For national COVID-19 updates and resources click here to learn more.

The WoW-E Team is not traveling until further notice. We are continuing to provide technical assistance remotely. Please reach out to us with any questions or concerns. Check our blog and social media for more COVID-19 resources.

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# Resources

Click to learn more.

National Council On Aging: Encourage Older Adults to Stay Active and Stay Safe During the Coronavirus Pandemic

National Physical Activity Guidelines recommend 150 minutes a day of physical activity to stay healthy. The National Council on Aging provides guidelines for older adults to stay active at home during the coronavirus. [Click to learn more.](#)

## No Kid Hungry: Coronavirus Grant Request

No Kid Hungry is offering real time funding and assistance for school districts and community organizations that are making sure kids have access to the meals they need as schools close due to Coronavirus. [Click here to learn more and apply.](#)

American College of Sports Medicine: Staying Active During the Coronavirus. During social distancing it can be tempting to sit at home and watch TV all day, but it's still important to maintain physical fitness. The American College of Sports Medicine has indoor and outdoor aerobic exercises as well as strength training exercises you can perform at home. [Click here to learn more.](#)

## Texas A&M Agrilife Extension Service

Texas A&M Agrilife Extension has is continually releasing updated health information. There are also resources for businesses, financial resources, mental health resources, animal resources, and more. They continue to make updates as they become available. [Click here to learn more.](#)

## NRPA: Social Distancing in Public Parks and Trails

We can still walk in parks and on trails as long as we're social distancing while doing so. [Click here to learn more.](#)



# SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms\* can include

FEVER



COUGH

\*Symptoms may appear 2-14 days after exposure.

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

SHORTNESS OF BREATH



For more information: [www.cdc.gov/COVID19-symptoms](http://www.cdc.gov/COVID19-symptoms)

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