

Easy Practice in Everyday Life

Covid-19, 『 Healthy Living Rules 』

1. (Nutrition Management) More Nutrition, Lower Calorie

- Eat fresh fruits and vegetables in a various ways(over 500g a day), and drink enough water
- Eat protein foods in a various ways (such as fish, eggs, beans, meat, etc.)

2. (Physical activity) Less sitting, More moving

- Stretching, simple gymnastics, exercising at home(30 minutes a day for adult, 1 hour a day for child)
- Get up and move in spare moments, reduce sitting or lying time
- Increase activities AMAP in everyday life(walking, climbing stairs, cleaning, gardening, etc.)

3. (Mind Health) Share your mind, reduce your anxiety

- Keep regular living, such as sleeping, eating, and exercising, and communicate with family, friends, and neighbors.
- Focus on the information of publicly trusted organizations and experts
- Enough sleep, Adjust the time for games · SNS· and videos

4. (Disease Prevention) Take a look in disease, Continue Treatment

- Health care including healthy weight maintenance, smoking cessation, vaccination, regular checkups
- Check the availability of medicines, treating and managing chronic diseases steadily.
- Contact medical staff if having an emergency or Covid-19 symptoms

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