

Community Engagement Special Edition Newsletter: COVID-19 Updates

May 28, 2020

Greetings,

As the situation around us continues to evolve, we are encouraged by your partnership. Please take a few minutes to read the information below, and share it with those you serve.

Updates from Novant Health

Your safety. Our priority.

We want our community partners to know that your health and safety is always our top priority. At Novant Health, we are committed to providing the highest standard of safety and quality. We are rated as the safest healthcare system in the communities we serve, according to Leapfrog Hospital Safety Grade. We are prepared to care for our community with the highest safety protocols, both during the coronavirus pandemic and always. Get the quality care you need now and get it safely. Visit [NovantHealth.org/safestcare](https://www.novanthealth.org/safestcare) to learn more.



Navigating COVID-19: Stores, Salons and More

Last week, we shared a [quick video with tips on navigating the “new normal” with kids](#). As businesses reopen, we’ll continued to provide information on how to best stay safe and healthy. Below are a few other scenarios you may have questions about:

- Watch this [one-minute video with safety tips for visiting health care providers](#)
- Or this [one-minute video with safety tips for visiting hair or nail salons](#)
- Check out this article on [how to visit the grocery store and shopping mall safely](#)
- Or [this article on navigating common summer hangouts](#), like swimming pools

Virtual Event Reminder

June 6 and 7: It’s not too late to join the Novant Health Virtual 5K for Healthcare Heroes! [Visit the race site](#) for details, to register and to download a free 5K training plan. Looking for tips on how to get started with a new exercise plan? Check out our Wellness Webinar in the Help to Stay Healthy section, below.

COVID-19 Information

New COVID-19 data dashboard released by NCDHHS

The North Carolina Department of Health and Human Services unveiled an updated COVID-19 Dashboard last week. The interactive dashboard is updated each day and gives an overview on metrics the state is following to inform the lifting of stay-at-home orders. The updated dashboard includes an enhanced NC map, sections on COVID-Like Illness Surveillance, Cases, Testing, Hospitalizations, Contact Tracing, Personal Protective Equipment (PPE) and more. The dashboard can be accessed online at covid19.ncdhhs.gov/dashboard.

Upcoming Virtual Event: Health Experience 2020

Friday, June 19: The COVID-19 outbreak has ushered in a new era for the healthcare industry and its consumers. Join the Charlotte Regional Business Alliance to connect with top executives, policymakers, consumers and business leaders from around the state and nation to address rapid improvements and the evolution of healthcare post pandemic. More information is [here](#).

Support for community partners

Share Your Thoughts

Hearing from you is important to us. If you didn't get a change last week, please take 2 minutes to [answer this short survey](#). Your answers will help us plan how frequently you hear from us going forward.

Universal Masking Update

In support of universal masking, Novant Health Community Engagement has now distributed more than 20,000 free masks and education materials across our footprint. We've prioritized masks for the most vulnerable members of our community, because when practiced in conjunction with other healthy habits like social distancing and handwashing, masking will save additional lives. For more information on our masking initiative, contact your local Community Engagement team member.

We've heard that resources in Spanish are important to those you serve, but many other languages are spoken by your clients and congregations as well. That's why we've created an infographic in English, Spanish, Russian, Chinese, Arabic, Vietnamese, Hindi and Nepali to remind those you serve of important safety behaviors.

Help to stay healthy

Wellness Webinar: Get Moving, Get Healthy

Wednesday, June 3: In honor of National Running Day, join us for this 30-minute wellness webinar that begins at 1 p.m. and will provide tips and resources for those looking to start – or enhance – their exercise habits, but do it safely. Novant Health sports performance team members will be on hand to offer tips and resources for every fitness level. [Register here](#) and select June 3.

- Missed last week's wellness webinar? Check out our video on supporting Seniors during COVID-19 [here](#).

- Save the Date: After Wednesday, June 3, the next wellness webinar will be held Wednesday, June 17. Plan to join us then for the most up-to-date trends on COVID-19 from the Novant Health Infection Prevention team.

Simple tips to eat healthier

Maintaining a healthy diet is an important way to stay well. Our friends in the Novant Health Diabetes Center of Excellence shared these top 3 simple but effective ways to eat healthy:

- Drink water and sugar-free beverages. One regular soda a day can add up to 16 pounds of weight gained in a year!
- Eat on a schedule. Eat slowly, taking small bites and chewing your food well. Avoid distractions from TV or smartphones, which tend to increase your eating speed.
- Use a 9-inch plate. Studies have found that the average size of the American dinner plate has increased 22% over the last century, from 9.62 inches to 11.75 inches. Using a smaller plate will help with portion control.

The Last Word

“Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today.” —**Thich Nhat Hanh**

Novanthealth.org/coronavirus

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