



# PASSPORT TO LANGUAGES

*"Kindness Connects Us All"*

## CORONAVIRUS INFORMATION

### UNDERLYING CONDITIONS AND COVID-19

Ongoing or pre-existing medical conditions don't cause COVID-19, but they can put you at risk for more serious sickness from COVID-19. Learn more about how eating healthy foods and physical activity can help you and your loved ones be healthy. Smoking can have a negative impact on your body and health. Try going smokefree to strengthen your lungs and improve your health.

### DIABETES



Diabetes occurs when your glucose (blood sugar) levels are too high or too low. Glucose is our body's main source of energy. Insulin, a hormone in our body, helps convert the glucose (sugar) we get from food into energy that our body can use.

#### Healthy Eating

Replace foods which become glucose (sugar) in the body with healthier options:

- Instead of white rice, try brown rice.

#### Sweets:

- Instead of regular sugar, try brown sugar or bee honey.
- Instead of milk chocolate, try dark low-sugar chocolate.



#### Physical Activity

Moving your body helps you keep blood sugar levels in balance and helps keep diabetes controlled.



### HIGH BLOOD PRESSURE



High blood pressure, also known as hypertension, happens when your body puts too much force against your blood vessel walls as the heart pumps blood throughout your body.

#### Healthy Eating

Add flavor in a healthy way

- Cut back on salt.
- Use herbs and spices.
- Use lemons/limes.
- Marinate with vinegar or wine.



#### Physical Activity

Physical activity helps control blood sugar levels. By doing this you can:

- Maintain a healthy weight.
- Lower your risk for high blood pressure.

## OVERWEIGHT



Age, height, and gender all play a role in determining a person's recommended weight. These are general suggestions to keep your overall health.

### Healthy Eating

#### Meals:

If possible, don't skip a meal:

- Try eating smaller amounts of food at meals.

#### Making Meals:

- Try baking your chicken instead of deep frying. The same goes for vegetables like potatoes, tomatoes, and roots like cassava.



### Physical Activity

Regular physical activity for 30 minutes a day (such as walking, biking, etc.) increases the number of calories your body "burns off",

Which can help with:

- Weight loss.
- Reducing risk for high blood pressure.

EOC-PIO 05/13/20