

# Get Healthy CT August 2020 Newsletter

Learn more about how to remain safe while using public parks and trails from the [National Recreation and Park Association](#):

## Tips for Physical Distancing In Parks

**Know what 6 feet looks like.** Lay measuring tape on the ground. It's the distance of a surfboard, long yoga mat or adult bike.



**Do not use playgrounds or other frequently touched surfaces.**



**Go by yourself or those you live with. Strongly consider the use of a face covering.**



**Avoid crowded areas. If a space cannot be enjoyed safely, go home or discover a new park in your community.**



**NRPA** National Recreation and Park Association  
Because everyone deserves a great park

For more resources on how to use parks safely during the COVID-19 pandemic, please visit: [nrpa.org/Coronavirus](https://nrpa.org/Coronavirus)

## COVID-19: DISTANCIAMIENTO FÍSICO EN PARQUES Y SENDEROS PÚBLICOS

No utilice los parques o senderos si tiene síntomas de la enfermedad.

Esté preparado para encontrar acceso limitado a los servicios sanitarios y fuentes de agua.

Comparta los senderos con otros y anuncie su presencia mientras va pasando.

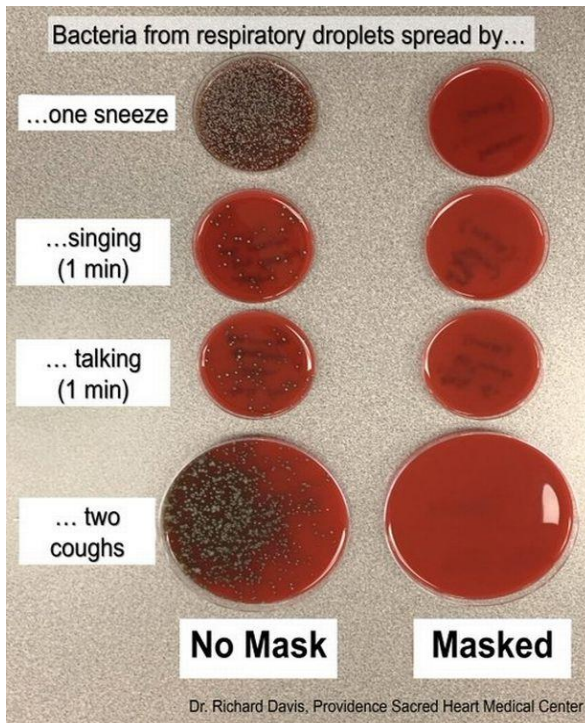
Observe las recomendaciones mínimas del CDC sobre el distanciamiento físico y manténgase al menos 6 pies de distancia de otras personas, en todo momento.

Siga las medidas de prevención publicadas por el CDC respecto a la higiene antes de visitar los parques o senderos.



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## Centers for Disease Control and Prevention – The importance of continuing to wear masks



Cloth face coverings are one of the most powerful weapons we have to slow and stop the spread of the virus- particularly when used universally within a community setting. All American's have a responsibility to protect themselves, their families and their communities.

CDC recommends all people two years of age and older wear a cloth face covering in public settings and when around people who do not live in your household, especially when other social distancing measures are difficult to maintain.

COVID-19 can be spread by people who do not have symptoms and do not know that they are infected. That is why it is important for everyone to wear cloth face coverings in public settings and practice social distancing.

Click [here](#) for more information related to masks.

### **Tips from the Mayo Clinic for putting on and taking off a cloth mask:**

- Wash or sanitize your hands before and after putting on and taking off your mask
- Place your mask over your mouth and nose
- Tie it behind your head or use ear loops and make sure it's snug
- If you accidentally touch your mask, wash or sanitize your hands
- If your mask becomes wet or dirty, switch to a clean one. Put the used mask in a sealable bag until you can wash it
- Remove the mask by untying it or lifting off the ear loops without touching the front of your mask
- Wash your hands immediately after removing your mask. Regularly wash your mask with soap and water by hand or in the washing machine. It is fine to launder with other clothes.
- Click [here](#) for more information.

### **Tips for Adjusting to a Face Mask:**

It can be challenging to get used to wearing a facemask. Here are some tips for making the transition:

- Start slow. Wear your mask at home for a short time, such as while watching television. Then wear it during a short walk. Slowly increase the time until you feel more comfortable.
- Find your fit. If your mask is not comfortable or is too difficult to breathe through, consider other options. Masks come in a variety of styles and sizes.
- Tie one on. Instead of a facemask, try a scarf or bandanna to cover your nose and mouth.
- Click [here](#) for more information.



## Free Food Options for Families and Children

- Local Food Distribution:
  - Bridgeport:
    - Bridgeport Hospital Free Food Distribution: Tuesday, August 18 from 5:30 PM-6:30 PM.
    - St. Vincent's Medical Center Free Food Distribution: Friday, August 28 from 1:30 PM-3:00 PM.
  - Stratford: Tuesday, August 11 from 3:00 PM-4:00 PM at Holy Name of Jesus Church.
  - New Haven: Click [here](#) for information on local food resources.
- Connecticut Food Bank: Their Mobile Pantry schedule and hotline is updated daily with new information and schedules. Call (203)741-9751 or visit their [website](#) for more information
- Supplemental Nutrition Assistance Program (SNAP): CT residents can apply to: SNAP Portal.ct.gov/DSS/SNAP/Supplemental-Nutrition-Assistance-Program— SNAP/Apply
- End Hunger CT: USDA's federally funded Summer Meals Program that provides free, nutritious meals to kids during summer break. Click [here](#) for more information and to use the interactive map to find information about meal sites near you.
- For additional food resources in your community, visit the 2-1-1 [website](#).

## Farmer's Markets:

- Farmers Markets are opening and adhering to proper CDC guidelines! Click [here](#) to find a farmers market near you.
- Many local farmer's markets accept (and even DOUBLE) SNAP dollars. Check with local farmers market for more details.

## Healthy Summer Snack Idea: Sweet and Spicy Salsa



### Ingredients:

- 6 medium tomatoes, seeded and diced
- 1 cup chopped red onion
- 1 small or large jalapenos. Leave seeds if you like spicy
- 3 medium avocados, semi-firm but ripe, cored and diced
- 3 ½ Tbsp olive oil
- 3 Tbsp fresh lime juice
- 2 chopped mangos
- 1 clove fresh garlic, finely minced
- ½ tsp salt
- ½ cup loosely packed cilantro leaves, chopped