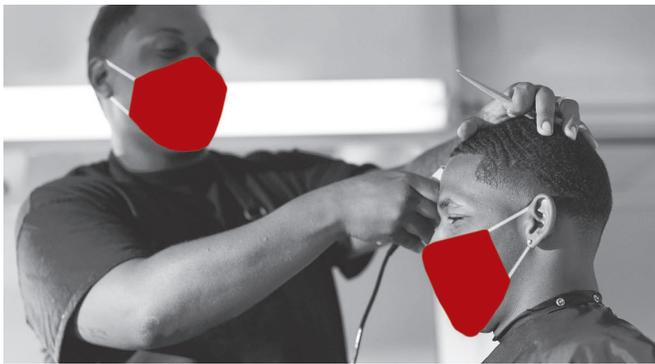


Under Pressure in a Pandemic

Does hearing about COVID-19 have you feeling stressed? You're not alone. We're living in unprecedented times, and it can feel overwhelming with things constantly changing. Life as you once knew it has significantly changed. Adjusting to a new way of living may be stressful, making it easy to lose sight of practicing a heart-healthy lifestyle. At any time, [stress](#) can lead



to a poor diet, increased alcohol consumption and smoking. These unhealthy habits are risk factors for developing high blood pressure. Managing your stress may sound easier said than done, but here are a few tips to help you cope with stress in times of uncertainty and help ease the pressure:

- ♥ Limit conversations or media coverage about COVID-19.
- ♥ Focus on your health by eating a [low-sodium diet](#) and more fruits and vegetables.
- ♥ Try a new [heart-healthy recipe](#).
- ♥ Add [physical activity](#) to your daily routine and get plenty of sleep.
- ♥ Practice [meditation](#) or deep breathing exercises to keep your mind on something positive.

For more information, visit [www.gethealthyclarkcounty.org/
manage-your-risk/heart-disease](http://www.gethealthyclarkcounty.org/manage-your-risk/heart-disease).

PREPAREDNESS TIPS

- ♥ If you take medication for your condition, make sure that you have at least a 30-day supply of your heart disease medicines, including high cholesterol and high blood pressure medicines.
- ♥ Call your health care provider if you have concerns about your health or feel sick.
- ♥ If you don't have a health care provider, contact your nearest [community health clinic](#).
- ♥ Don't let the fear of a pandemic make you delay life-saving treatment or emergency care. Seek help immediately.

COMMUNITY RESOURCES

**Services for Nevadans in need
Nevada 211**
www.nevada211.org

**Foodbank services
Three Square**
www.threesquare.org

**COVID-19 information
and testing locations**
www.snhd.info/covid
www.cdc.gov/coronavirus

**Southern Nevada
Community Health Center**
www.snhd.info/snchc

SHOP SPOTLIGHT

Fair Kutz

270 S. Decatur Blvd.
Las Vegas, NV 89107
www.fairkutz.com

Gregg Fair, owner of Fair Kutz,
shared these words of encouragement:

“Our trade will never die.”

MORE ABOUT BSHOP

To learn more about the Southern Nevada Health District's BarberShop Health Outreach Project, contact Amineh Harvey at harveya@snhd.org.