



**Wash your hands often  
with soap and water for  
at least 20 seconds.**



Keep yourself and others safe from the coronavirus.

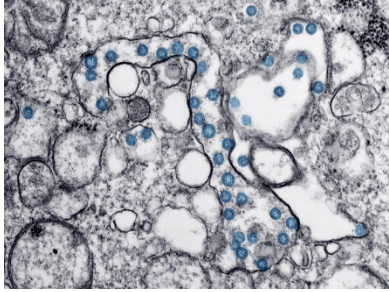
Watch the video here: <https://youtu.be/Zn6ih6mWn1o>

### [Precautions About the Coronavirus](#)



The American Heart Association is advising caution and preparation for people who have heart disease because they are among those facing a higher risk of complications from the coronavirus COVID-19. People who have survived a stroke may also face a higher risk of complications.

### [What People and Patients Should Know About Coronavirus](#)



COVID-19, which was first reported in the Chinese city of Wuhan in December, has sickened tens of thousands of people and killed hundreds around the globe. On Feb. 25, Dr. Nancy Messonnier, director of the National Center for Immunization and Respiratory Diseases at the Centers for Disease Control and Prevention, said its spread in the United States seemed certain.

### [Resources to Maintain Healthy A Lifestyle Amidst The COVID-19 Outbreak](#)



With the evolving impact of coronavirus in communities across the country, many Americans are facing new challenges keeping them from getting to the office, school, grocery store or gym. Here are some resources to help maintain a healthy lifestyle while at home.

### [Too Much Stress Can Be Harmful, Here's How to Manage](#)



Your mind deserves better than to be loaded down with the never-ending job of worrying. Too much stress is unnecessary and even harmful. Here are some ways to manage your stress levels.

### [Hunkering Down? Don't Stop Reaching Out](#)



As more communities deal with outbreaks of COVID-19, those at risk are being advised to stay home and stock up to protect themselves.

But experts say the need to hunker down does not mean people shouldn't reach out to help.

### **More Information:**

[Statement: Patients With COVID-19 Taking ACE-i and ARBs Should Continue Treatment](#)

[Pantry Ingredients to Use For Quick, Healthy Meals](#)