One of the most frustrating things about COVID-19 is that so much about the virus and the limitations on where you can go out of your control. However, there are things you can control, and focusing on those things can provide you with some comfort. Some of the things you can control include:

- Keep a healthy diet
- Exercise at home
- Maintain self-care and personal hygiene
- Your house, your bedroom, your closet, your kitchen - now is the time to clean and get organized
- Make responsible choices about when to leave the house and only go if it’s possible
- Limit the number of people you come into contact with
- Work from home if you are able to
- Regularly wash your hands for 20 seconds with soap and water or use a hand sanitizer with at least 60% alcohol
- Avoid touching your eyes, nose and mouth
- Avoid overstocking on supplies that are in high demand so other people can have enough of the essentials too
- If you take medication, get refills and keep a month’s supply at home if possible
- Avoid greeting people by shaking hands, kissing or hugging
- Keep 2-4 weeks of food on hand
- Your symptoms.