Getting Back to Basics
Protects your Health and Wellbeing

1 Prevent the spread of illness

- Stay home when you are sick
- Wash hands often with soap and hot water and/or use sanitizer
- Social distance
- Cover coughs and sneezes
- Disinfect workspaces

Visit healthcare.gov to view preventive care guidelines

2 Have a primary care doctor or clinic

- Contact your primary care clinic first with health questions
- Check to see that your clinic can serve as the source for all your medical records
- Ask if preventive care reminders will be sent to you
- Ask for help coordinating care with your other doctors
- Ask about free and low-cost community resources to support health, food, housing and other basic needs, if needed

3 Use mental health/ substance use resources

- Talk to your primary care doctor about all mental health concerns (e.g., serious mental illness, depression, anxiety, substance use disorder)
- Don't wait for a crisis to access care
- Know that our organization is a safe "no judgment zone" for mental health issues
- Review mental health benefits to learn how to get virtual and/or in-person care and what is covered
- Access clinic and community resources available at low or no cost

4 Prevent and care for chronic conditions

- Stay up-to-date with checkups and screenings
- Stay current with all immunizations (including flu and COVID-19)
- Follow care and medication guidelines if you have a chronic condition such as diabetes or heart disease
- Eat healthy foods
- Exercise at least 150 minutes a week
- Get 7–9 hours of sleep each night

5 Use emergency care carefully

- Know the signs of serious conditions like stroke, heart attack, or suicide risk
- Call 9-1-1 for health emergency
- Call the 9-8-8 Suicide and Crisis Lifeline for mental health emergency
- Use a clinic or urgent care center, not the hospital emergency department, for things like ear infections, sore throats, or low back pain

Visit CDC.gov to view:

Promoting Health for Adults

Promoting Health for Children and Adolescents

Stroke Signs and Symptoms

Heart Attack Symptoms, Risks and Recovery

Recommendations from:

CCHI
Community Coalitions
Health Institute