

The Ultimate Guide to a Healthy & Productive Quarantine

(Quarantine / Shelter-in-Place Order / Lock-Down / Isolation)



A NOTE FROM HEALTH NUT FITNESS®

We find ourselves living in a time where QUARANTINE is a very real possibility. Whether an individual or family makes the personal decision to quarantine themselves for any length of time, or a quarantine is ordered by local, state or federal authorities as a matter of public health, we need to accept the fact that we may find ourselves in a shelter-in-place situation at any time. While nobody likes to think about a quarantine, the reality is, it doesn't need to be a scary or even difficult situation! Proper preparedness is the key to making your time at home healthy, fun, and stress free.

Please keep in mind, there are many amazing resources available on-line, and you are encouraged to learn as much as possible about quarantine. This guide was designed with a multi-faceted approach in mind, and we will examine:

- ✓ Understanding what a quarantine is.
- ✓ Preparing for a quarantine.
- ✓ Ensuring proper nutrition during a quarantine.
- ✓ Maintaining physical fitness & total wellness during a quarantine.
- ✓ How to have fun during quarantine.
- ✓ How to be productive during your time in quarantine.
- ✓ How to effectively work from home during a quarantine.



WHAT IS A QUARANTINE (Shelter-in-Place)

Quarantine and isolation are both designed to protect the general public by attempting to prevent the exposure of healthy people to sick people, ultimately preventing the spread of illness and disease. There is, however, a difference between the two.

ISOLATION involves separating people who have a contagious disease from people who do not have the disease for the purpose of preventing spreading of the illness.

QUARANTINE involves separating people who may have been **EXPOSED** to a disease for a period-of-time as a safeguard to preventing the contraction or the spread of that disease. Often, this time period is equal to the **INCUBATION PERIOD** of the disease, meaning the established amount of time a specific disease takes from initially being exposed, to the time the first symptoms would show if you were infected. In other words, if the incubation period of a disease is 14 days, (meaning if you were exposed on the 5th, you would typically be showing official symptoms of the disease by the 19th), you would likely be in Quarantine for 14 days and it could be medically proven that you are not infected with the disease in question.

MASS QUARANTINE involves something entirely different and less common. Given the current world situation with COVID-19, many governments have ordered mandatory mass quarantines. These have occurred on local levels, and even for entire countries. The purpose of a mass quarantine is to take the most dramatic steps to prevent the spread of disease. Theoretically, if the government were to order the quarantine of the entire United States population for a virus carrying a 14-day incubation period, everybody who has the disease would be discovered while in quarantine. People developing symptoms while in quarantine would be identified and tested. At that point, if testing positive, they would then be **ISOLATED** from anybody else they were in quarantine with (their family, for example), and kept in isolation until they test negative for the disease. Everybody else would re-begin another quarantine to determine if anybody else develops symptoms within the incubation period (a new 14-day window). This would continue until the disease has been eradicated and the entire population is determined virus-free / disease-free.

SELF-QUARANTINE involves people making the personal decision to quarantine in order to avoid the possibility of becoming infected.

PREPARING FOR A QUARANTINE

The key word is **PREPARED!** Preparing for a quarantine involves ensuring you have an adequate supply of the essential items you and your loved ones will require during a possible lengthy quarantine. This is important, as you will either not be able to, or choose not to leave the house to go shopping. It's best to look at a quarantine much like a severe blizzard that you expect will prevent you from getting out and about. You know that a blizzard (and quarantine) will be eventually clear, so you stock up accordingly.

What does preparing NOT mean? Preparing for a quarantine does NOT mean going to extremes. Often during times of crisis, people over-react by stocking up their freezers and pantries with enough food to feed a small town for a year. Unfortunately, they hoard critical products which make it difficult if not impossible for others to find life's essentials (surgical masks, baby formula and wipes, hand sanitizers, disinfectants, toilet paper, fresh meat, bottled water, etc.). This also makes it difficult for medical professionals to obtain the supplies they require to properly care for the sick or infected. Even more sadly, people buy mass quantities, emptying the shelves at multiple stores, in the interest of making a profit off the misfortune of others. They begin hoarding and selling at excessive prices on Amazon, eBay, Facebook, Craigslist, and other available marketplaces in order to make a large, fast profit. In the spirit of humanity, we should prepare for a quarantine by preparing for ourselves and our own family. This habit of extreme buying only fuels panic and undo stress, as families struggle to find the products they need for their very survival.



Properly preparing for a quarantine involves acquiring certain products and preparing personally in these categories:

- ✓ Health & Medical
- ✓ Food & Nutrition
- ✓ Personal Hygiene
- ✓ Household Essentials
- ✓ Educational Materials
- ✓ Entertainment
- ✓ Physical Fitness
- ✓ Mental & Emotional Wellness
- ✓ Pet Wellness
- ✓ Working from Home

"Success depends upon previous preparation, and without such preparation there is sure to be failure." - Confucius

HEALTH & MEDICAL PREPAREDNESS

A critical component of preparing for quarantine is ensuring you are prepared for Health & Medical concerns. This requires you to examine the availability of Prescription Medications, Non-Prescription Medications, and general First Aid supplies.



PRESCRIPTION MEDICATION

- ✓ Check your current supply of prescription medication for everybody in the family.
- ✓ Check with your pharmacy, as they can let you know which medications are eligible for immediate refill, even if you would typically wait a little longer to call in a refill or your pharmacy notifies you when your refill is ready. It's best to have extra in the event you are quarantined longer than expected.
- ✓ For medications not available for refill, ask your physician if they would be willing to submit a longer-than-usual supply to your pharmacy.
- ✓ Be sure you know which of your standing medications (example: blood pressure, water pills, etc.) are not eligible for a refill due to a requirement your physician may have (such as requiring an annual physical or a 90-day check up before they will prescribe additional medication). In these instances, if you have time, complete your required appointment, as that is in the best interest of your health! If quarantine is immediate and you cannot make a doctor's appointment, or your physician can't fit you in due to overwhelming medical emergencies associated with the quarantine, ask your physician to make an exception. They will certainly understand the importance of you receiving your medication, and at the same time understand the extenuating circumstances preventing you from being seen in the office.
- ✓ **HAVE A PLAN FOR REFILLS!** There may be reasons you cannot get more prescription medication ahead of time (insurance criteria, physician requirements, controlled substances, etc.), or pick up your own medication. Have a plan! Can somebody else pick up your prescription and drop it off? Do you have a pharmacy in town that ships or delivers? This may require switching your primary pharmacy, but it will allow you to maintain your quarantine, and you can always switch back again in the future.

NON-PRESCRIPTION MEDICATION

It's always a good idea to have the proper non-prescription medications on hand to handle any minor illness. Such medications could include:

Aspirin	Neosporin	Eye Drops	Oral Benadryl
Ibuprofen	Rash Cream	Ear Drops	Benadryl Cream
Decongestant	Bug Bite Cream	Nasal Spray	Sleep Aids
Antihistamine	Burn Cream	Cough Drops	Your Other Staple Items

OTHER MEDICAL SUPPLIES

Ensure you have an adequate supply of medical supplies, such as:

First Aid Kit	Finger Splints	Humidifier
Band Aids (Various Sizes)	Iodine	Blood Pressure Monitor
Non-stick Gauze	Medical Scissors	Glucose Meter & Supplies
Medical Tape	Thermometer	Your Other Staple Items

FOOD & NUTRITION

Having the right amount of food on hand can be tricky! On the one hand, you don't want to hoard essential items that others need as well. Nor do you want so much food that you can't eat it all and it goes bad. On the other hand, you don't want to run out of food. It can also be a challenge if you are accustomed to eating a lot of fresh food, as opposed to frozen, boxed and canned foods with longer shelf lives. Below are some great suggestions that will ensure you are meeting all your food groups and maintaining an appropriate blend of macro-nutrients. These foods also offer a variety of meal options, while having a longer shelf life.



FRESH FOODS

Many people avoid fresh foods during a quarantine, choosing to focus only on foods with a long shelf life. There are two reasons to ensure you don't forget about your fresh foods. First, many fresh foods can be FROZEN, and when thawed provide a healthier and better tasting meal than their pre-frozen counterparts. Second, a lot of fresh foods have longer shelf lives than we often realize, allowing you to enjoy them in their original, unfrozen state during the beginning of a quarantine; some as much as four to eight weeks out! In addition, many fresh foods can have their shelf life extended in the refrigerator (and the freezer) with the use of a Food Saver / Food Sealer that removes the air and seals the items. Just remember to enjoy your fresh foods first so they don't ultimately go to waste! If you slightly over-stocked, check the dates as many have a "use or freeze by" date; this will allow you the opportunity to freeze some unused items before expiration.

Here are some great fresh foods to start your quarantine!

Milk	Lettuce (sealed)	Bread / English Muffins	Eggs
Orange / Apple Juice	Ground Meats	Unbaked Rolls / Croissants	Hot Dogs / Turkey Dogs
Your Favorite Fruits	Sandwich Meats (sealed)	Yogurt	Breakfast Sausage (sealed)
Your Favorite Veggies	Hummus	Cheese	Condiments / Dressings

FOODS THAT KEEP

The staple foods of a quarantine are going to be foods that keep. While there is nothing wrong with making sure you have some snacks or sweets on hand, your first priority should be the essential foods that will nourish you throughout your time in quarantine, while limiting your need to either leave to grocery shop or order on-line. It is also helpful to have foods that will allow you to cook or bake.

Here are some great dry, canned, jarred, and frozen foods with a long shelf life to stock your pantry:

Cereal & Steel Cut Oats	Fruit Cups / Frozen Fruit	Frozen Family Dinners	Flour
Breakfast / Protein Bars	Canned / Frozen Veggies	Frozen Individual Dinners	Sugar
Peanut Butter & Jelly	Dry and Canned Beans	Canned / Frozen Potatoes	Baking Soda / Powder
Coffee & Tea Bags	Frozen Chicken Strips	Pasta Assortment	Salt & Pepper / Spices
Jell-O / Pudding Packs	Canned Fishes (Tuna, etc.)	Pasta Sauces (Jar/Can)	Snacks
Instant Rice	Canned Soups & Chilis	Nuts	Treats

REPLENISHING GROCERIES

In the event you do have a need for more food, here are a few suggestions:

- ✓ **DELIVERY (Local):** If possible, have your groceries delivered. Many stores will have an app for your phone, or a web site which allows you to set up an account, shop, pay, and have your groceries delivered right to your doorstep. There is no need to come in to contact with the delivery person, as you have paid in advance. Simply leave your tip in an envelope in the door jam and have the delivery person place your groceries on your porch.
- ✓ **DIRECT SHIPPED:** If you do not have a local grocer who delivers, you can place an on-line order. There are various, large companies on the internet who deliver, such as:



- **Amazon (Amazon.com)**
- **Amazon Fresh (Amazon.com)**
- **Whole Foods (Amazon.com / WholeFoodsMarket.com)**
- **Walmart (Walmart.com)**
- **Target (Target.com)**
- **Postmates (Postmates.com)**

- ✓ **FAMILY / FRIEND DROP OFF:** Another option for grocery replenishment is having a family member or friend do the shopping for you and drop them on your porch, assuming they are not in quarantine.
- ✓ **BORROW:** In a pinch, you could always borrow from a neighbor. Quarantines are designed to keep people separated, so there's generally no reason you can't be outside. You could have a neighbor drop an item on your porch or set an item on their porch for you to swing by and pick up.
- ✓ **SHOP OFF HOURS:** If you have no choice but to go to a grocery store, try to shop during non-peak hours. Typically, this means early in morning or later in the evening, as you will experience smaller crowds. Some stores are even open 24 hours, allowing you to pick up essentials in the middle of the night. Some companies are now offering "Seniors Only Shopping Hours". Just be certain you follow any precautions or recommendations associated with being in public that apply to your particular quarantine. Such precautions may include keeping a recommended distance away from other people, wearing personal protective equipment, not touching your face, sanitizing your hands as soon as you leave the grocery store, and thoroughly washing your hands for a minimum of 30-seconds when you return home and before touching anything or anybody.

TIPS & TRICKS

- ✓ Freeze fresh foods such as meats, fruit, and even sliced whole grain breads to have healthier and better tasting ingredients available in the future.
- ✓ Use a Food Sealer to make items last longer in both the refrigerator and freezer.
- ✓ If you don't have a food sealer, placing items in zip lock freezer bags helps protect many items from freezer burn.
- ✓ Pre-portion or prep meats before freezing. For example, break 3 pounds of ground turkey into 3 one-pound servings, pre-make your hamburger patties, etc.

"Cooking is so popular today because it's the perfect mix of food and fun." – Emeril Lagasse

PERSONAL HYGIENE

Be sure to stock up on important personal hygiene items for everybody in the family. Such Items may include:

Shampoo & Conditioner	Feminine Hygiene Products
Shower Gel & Body Wash	Toothbrushes & Toothpaste
Hand Soaps & Sanitizer	Dental Floss & Mouth Wash
Bath Bubbles, Bombs & Salts	Deodorant
Lotions	Razors & Shaving Cream / Lotion



HOUSEHOLD ESSENTIALS

Stock up on essential household items such as:

Laundry Soap & Fabric Softener	Paper Towels & Toilet Paper
Trash Bags	Tub & Shower Cleaner
Freezer & Sandwich Bags	Floor & Tile Cleaner
Food Saver Refill Rolls	Window Cleaner
Dish & Dishwasher Soap	Multi-Purpose Cleaners
Toilet Bowl Cleaner & Brush	Mop, Bucket & Broom



EDUCATIONAL MATERIALS

In some situations, children may be required to continue their schooling from home during quarantine. Either way, it's a great idea to keep materials around to ensure the learning never stops! For example:

School Books & Homework	Children's Educational Tablet
Books for Pleasure Reading	Puzzles
Foreign Language Materials	Educational Games
Drawing Materials	Science Activities
World Map & Globe	Microscope & Telescope



ENTERTAINMENT

It goes without saying that you will want to have plenty of FUN during a quarantine! This may sound easy, but keep in mind, if you are used to getting a lot of your entertainment outside the house, you may need to learn how to be creative in order to maximize your fun at home. Remember to have adequate entertainment lined up for each individual member of the family, as well as activities the family can engage in together. You will also want to plan for indoor entertainment and outdoor entertainment, as well as quiet entertainment and more active entertainment. Above all else, you will want to plan a large variety of fun and entertainment activities to avoid the onset of boredom! Below are some entertainment ideas, as well as some suggestions for creative activities that allow you to take your time in quarantine to the next level!



ENTERTAINMENT SUPPLIES

Here are some great items to have available for the family to avoid boredom and keep the fun coming!

Board Games	Video Game System(s) & Games	Baseball / Softball & Gloves
Books	Music for Dancing	Frisbees
Puzzles	Bikes & Pogo Sticks	Badminton / Volleyball Set
Arts & Crafts Supplies	Sleds to Pull Around the Yard	Movie Apps (Netflix, Apple, Hulu)

CREATIVE IDEAS FOR HAVING FUN & KEEPING ENTERTAINED

Use your imagination! This is a great opportunity to start new family traditions and go above and beyond in your efforts to keep everybody entertained. The amount of fun you have is limited only by your own imagination!

- ✓ **FAMILY DINNER:** Use this opportunity to spend time as a family and teach the kids to cook! Everybody works together to prepare the meal from setting the table, preparing the food, and eating as a family! Just don't expect too much help when it's time to do the dishes!
- ✓ **MOVIE NIGHT:** Each movie night is somebody else's turn to choose the movie! Lay out the pillows and blankets, pop some popcorn, and settle in for a great night together!
- ✓ **GAME NIGHT:** Like movie night, each game night somebody else gets to choose the game! This is also a great chance to teach children some older games like charades and Pictionary, or some active outdoor games like "Kick the Can". Don't forget to give everybody some personal space so they can read, play video games, or text and FaceTime with friends. Just be sure to take full advantage of your time together as a family.
- ✓ **INVENT A GAME:** Use poster board and markers. Find or create your own game pieces and action cards.
- ✓ **SHOOT A FAMILY MOVIE:** Create a fun story line and use your phones to shoot and edit a home movie complete with scripts and costumes! Share it with your family and friends. Watch it on the television with popcorn!
- ✓ **SCRAPBOOK:** Break out the old photos, print some new ones, and engage in some good old-fashioned scrapbooking!
- ✓ **SOCIAL MEDIA:** Start something fun on Social Media each day. For example, on one day have everybody in your network send out a picture posing with their pets. The next day have everybody invent and share out their own *Quarantini* drink recipe! Rotate who chooses the daily topic. This keeps you connected and breaks the monotony!
- ✓ **DANCE PARTY:** Put on music and dance until your heart's content! This is also a great way to get exercise.
- ✓ **FASHION SHOW:** Play dress up with the kids. Put on some music, work the runway, and film the whole thing!

PHYSICAL FITNESS

Exercise is critical for every member of the family during a quarantine. Being stuck at home automatically reduces activity levels. Being indoors reduces exposure to the sun, which is problematic because regular exposure to the sun plays a role in our ability to wake up and fall asleep. Sunshine also helps fight depression and provides essential Vitamin D, which is a vitamin many people are deficient in. Physical Fitness will assist with fighting depression, maintaining a healthy weight, reducing stress, controlling blood pressure, and just making you feel overall amazing!



HOW TO STAY ACTIVE AND PHYSICALLY FIT AT HOME

There are many ways to stay physically fit at home. Home fitness has been completely revolutionized in recent years through the streaming of workouts. You can find free and subscription services that provide workouts for every level of fitness, and every age. Even more importantly, getting in a great workout at home doesn't require ANY equipment at all! If you do have fitness equipment at home, use it! If not, there are still plenty of workouts you can do. If you have time before going into quarantine, you should consider picking up some simple items such as dumbbells or kettlebells, a stability ball, a yoga mat, and resistance bands. These are all small, store easily, and provide many amazing options for workouts!

Here are some ideas for home fitness:

Yoga	Stretching Routines	Walking
Pilates	H.I.T. Training	Dancing
Aerobics	Resistance Band Training	Medicine Ball Training
Zumba	Dumbbells or Kettlebells	Game Counsel Fitness Routines

WHERE TO FIND HOME WORKOUTS

- ✓ Sign up for an on-line fitness service that will allow you to stream your workouts to a tablet or television. One great example is [DailyBurn.com](https://www.dailyburn.com). They provide a large variety of workouts for a monthly fee less than a gym membership.
- ✓ Enter any number of searches on YouTube to find videos for your favorite workouts. From Yoga, Pilates, Strength Training, Cardio & Flexibility, to workouts requiring absolutely no equipment, YouTube is filled with excellent content that will keep you fit! A great example would be [Boho Beautiful](https://www.youtube.com/channel/UCvW133vX8U0111111111111) for Yoga guided by an outstanding instructor, set to amazing background scenery and relaxing music. Just enter "Boho Beautiful" into the YouTube search.
- ✓ Enter the same searches on the internet to find a large variety of web sites providing video workouts or workout guides you can print and use to get your fitness on!
- ✓ Search the internet for "Personal Trainers". Although you are in quarantine, a good certified trainer will be able to provide you with on-line training via FaceTime or Skype, or set you up with videos and written material designed to provide you quality workouts. Look for somebody certified by the ISSA ([International Sports Sciences Association](https://www.issa.com)), as this is the most reputable provider of fitness and nutrition certification in the United States.



- ✓ AVOID physical activities that are more likely to result in injury, such as roughhousing and tree-climbing! You do not want to break quarantine to seek medical attention. During a quarantine, most medical facilities are already overwhelmed. You will also have long wait-times and be disrupting critical medical services to higher priority patients.
- ✓ Consult your physician for approval prior to beginning any new, aggressive fitness regimen! This is particularly important if you have been inactive for a prolonged period of time.

MENTAL & EMOTIONAL WELLNESS

Mental and Emotional Wellness are both important areas you should focus on for yourself and your family members during a quarantine! In a sense, a quarantine is a form of isolation. Even if you are with loved ones, you will eventually begin to feel the walls closing in on you! This entire “Guide to a Healthy & Productive Quarantine” was prepared with this reality in mind. Each section up to this point has been designed to help eliminate stress and anxiety, but there is much more you can do!



MAINTAINING YOUR SANITY DURING QUARANTINE

The longer the quarantine, the more you may begin to feel the effects. But there are many things you can do to delay or altogether prevent any negative effect to your mental and emotional well-being! Here are some great ideas!

- ✓ **YOGA:** If you don't already do Yoga, find a beginner's tutorial on the internet. Yoga is an incredible way to keep centered, grounded, fit and flexible! Yoga is one of the most healthy and relaxing activities you could possibly do.
- ✓ **MEDITATION & MINDFULNESS:** Meditation is practiced by men, women, athletes, celebrities, CEO's, and everybody in-between. It is also for people of all ages. You can find great beginner's guides to meditation on-line or on YouTube. Meditation is an amazing way to reduce stress and anxiety, clear your head, reduce pain, get a better night's sleep, and much more! Perhaps the easiest way to get started is with an app (or web site) such as **Calm (Calm.com)**. It is filled with wonderful, guided meditations, soothing sound effects, bedtime stories, relaxing music and more!
- ✓ **BATHS:** Relax in a nice, hot bath. Make it even more therapeutic with bubbles, bath bombs, or Epsom salts and music!
- ✓ **MASSAGE:** Exchange the gift of massage! Whether it's a full-body Swedish massage, a foot massage with lavender oil, or a simple neck and shoulder massage, you don't need a professional spa to rub away the stress!
- ✓ **READING:** Catch up on your reading. Enjoy one of your favorite authors, or experiment with a new author. Start a book-swap on Facebook with your neighbors! Just use a zip lock baggie and your porches for drop off and pick up!
- ✓ **COLORING:** Coloring isn't just for kids anymore! Pick up some adult and kids coloring books and experience a little color therapy!
- ✓ **LISTENING TO MUSIC:** Make a happy playlist! Music has been proven to have many therapeutic benefits. Turn it up and dance away the stress! Maybe even invent a family dance routine to your favorite song!
- ✓ **PLAYING AN INSTRUMENT:** If you play an instrument, this is a great chance to get some extra time in. If you don't, perhaps it's time to learn an instrument! Consider piano, acoustic guitar, or harmonica for some easy and popular beginning instruments. Look on YouTube and the internet for beginner's tutorials.
- ✓ **JOURNALING:** If you've ever wanted to start a journal, now is the time. Get lost in the therapy of your own thoughts!
- ✓ **SOUNDS OF NATURE:** Relax, or even fall asleep to the sounds of the ocean, rain, a thunderstorm, birds, or virtually any sound that you find soothing! You can find free and paid apps on your phone such as **Calm (Calm.com)**, or purchase a sound effects & white noise player.
- ✓ **WRITE A BOOK:** If you've ever wanted to be a published author, this is a great time to get started! Self-publishing and book printing have never been easier!
- ✓ **PLAYING WITH PETS:** Pets are highly therapeutic! Pet them, play with them, nap with them and love them!
- ✓ **BIRD WATCHING:** Purchase or build your own bird feeder. Fill it with food and wait for a lot of new friends to visit!
- ✓ **BREATHWORK:** Breathwork involves new age breathing practices. Search YouTube and the internet to get started!
- ✓ **NEW HOBBY:** Learn to make candles, soaps or bath bombs. Start knitting. Take a crack at woodworking! Have fun!

STAYING PRODUCTIVE DURING A QUARANTINE

The longer the quarantine, the more you may begin to feel the effects. Just as there are many fun ways to keep mentally and emotionally healthy, there are also many productive ways to occupy your time and your mind! Here are a few:

- ✓ **HOME PROJECTS:** A quarantine is the perfect time to tackle some of those home projects that have been on your list for ages! Clean and organize your garage, touch up paint around the house, install handles on the cupboards, paint a room, clean out those drawers, organize your cupboards. If it's on your list, there's no better time to check it off!



- ✓ **LEARN TO COOK OR BAKE:** If you're not a big fan of the kitchen, here is your chance to have fun, practice, and develop an essential life skill that will not only bring joy to your taste buds, it will save you money. It's also a great skill and passion to list on your dating profile! Take it a step further, and if you're already an amateur chef, use your time in quarantine to teach your children the basics of cooking! There are so many free or paid sites that will teach a novice the basics of cooking, or make a good home chef even better! Download the free **Food Network (FoodNetwork.com)** app to your smart device, where you'll find thousands of recipes from celebrity and amateur chefs alike! Or, sign up for **Wolfgang Puck's** cooking school (**WolfgangPuckCookingSchool.com**) and learn everything from knife skills to preparing foods that rival a world-class restaurant!

- ✓ **DEEP CLEAN YOUR HOME:** Assign a new room for each day and give your home a deep clean that will make everybody feel better! Work top to bottom. Dust the ceiling/wall corners for cob webs, dust everything on the walls, clean and sterilize light switches and handles, dust your floor boards (use fabric softener sheets to reduce dust sticking in the future), mop and disinfect hard floor surfaces, tackle some of those carpet stains, and deodorize and vacuum your carpet. Pick up every trinket and give it a thorough cleaning or dusting. Move furniture to get underneath.

- ✓ **START AN ONLINE BUSINESS:** One of the greatest things about the internet is that it opens a world of possibilities for entrepreneurs! You can literally start your own business, in its entirety, on-line and by yourself. You can search and purchase your website domain name at **GoDaddy.com**. Visit **IRS.gov** to obtain your EIN (Employer Identification Number), also known as your Federal Tax I.D. Number. You can visit your state government web site and fill out an application for your LLC (Limited Liability Company), or file for a DBA (Doing Business As). There are numerous sites you can use to design and print your own business cards and marketing materials, such as **VistaPrint.com**. You can even open your shop and sell on-line through Amazon, eBay, Etsy, Facebook and more!



- ✓ **LEARN A NEW LANGUAGE:** Grab an on-line tutorial from **Rosetta Stone (RosettaStone.com)** and start learning!
- ✓ **GARDENING:** Whether you plant an entire vegetable garden outdoors, grow cherry tomatoes indoors, or try your hand at an herb garden, this relaxing hobby is both productive and delicious!
- ✓ **DETAIL YOUR CAR:** Give your automobile a little love with a deep clean and detailing! Treat your leather and vinyl, shampoo your carpets, clean in vents and under seats. You can find great tutorials on YouTube or the internet for getting into those hard to reach places, like air vents and in between seats and center councils. Weather permitting, take your detail to the next level by giving it a hand wash, wax, wheel cover cleaning and a tire shine. Don't forget to get everybody involved! If a water fight breaks out ... even better!

PET WELLNESS



Studies have shown that pets can suffer from depression and anxiety just as easily as humans. They not only sense your stress, but they may also find it difficult to adapt to the new routine of having everybody in the house all day, every day. Make your pet's needs just as important as your own. Ensure you are properly stocked with all the necessary supplies you need to keep your furry friends healthy, happy and well. They will thank you and pay you back by being great companions and reduce your stress during quarantine!

CRITICAL ITEMS WHEN PREPARING YOUR PETS FOR QUARANTINE

Medications, Flea Dip & Flea Collar	Bathing Supplies
Food	Toys
Favorite Treats	Collar & Leash

- ✓ **VETERINARY APPOINTMENTS:** If your pet has any upcoming veterinary appointments, try to get them taken care of before you begin quarantine.
- ✓ **MEDICATIONS:** Be sure to refill your pet's medications. If possible, get extra in the event of a lengthy quarantine.
- ✓ **PET FOOD REPLENISHMENT:** Don't forget to stock up on supplies for your faithful and furry family members! You can generally order your pet food (and supplies) from the same sources as you do your groceries. Most pet stores will also ship directly to you, such as [Petco.com](https://www.petco.com), [Petsmart.com](https://www.petsmart.com), [PetSuppliesPlus.com](https://www.petsuppliesplus.com), and [Chewy.com](https://www.chewy.com).

WORKING FROM HOME

If you are fortunate enough that your job allows you to work from home, there are some important things you should consider. If working from home is a new experience for you, without taking steps to set yourself up for success, you will succumb to an endless array of distractions, such as people demanding your attention, the sound of others playing, your dog barking, and much more. While nobody is suggesting you won't sneak a few opportunities to hug your kids, pet the dog, or grab a snack, you must think of working from home as if you are in the office. After all, this is your career and your income!



TIPS FOR WORKING FROM HOME

- ✓ **Keep Your Routine:** Wake up, shower, eat, exercise ... whatever your current routine, be sure to maintain it!
- ✓ **Set Ground Rules:** Make sure others in the house understand the importance of you getting your work done.
- ✓ **Choose the Right Office Space:** Find a quiet place, as free from distractions as possible. Keep your office space clean and free from clutter.
- ✓ **Virtual Water Cooler:** Be sure to stay in contact with colleagues via Facetime, phone calls, or on-line meeting rooms.
- ✓ **Break Time:** Be sure you keep productive and refreshed by taking your lunch and breaks.
- ✓ **Put Work Away:** Many people work MORE at home because work is at their fingertips. Be sure you end your workday just as you would if you left the office. It's the right thing to do for you AND your family!

IMPORTANT RESOURCES

On a Serious Note

A quarantine, or shelter-in-place, is a very serious event. As human beings, we are used to our freedom, and to living life on our terms. A quarantine restricts our movement, and if you're alone, removes critical and healthy human touch and interaction. It is important to pay close attention to how you and each member of your family are feeling. A quarantine, despite your best efforts, may bring about stress, anxiety or depression. Below are a few critical resources should you need them.



IN THE EVENT OF A LIFE-THREATENING EMERGENCY

- ✓ FIRE / POLICE / AMBULANCE: 911

IN THE EVENT OF A PERSONAL CRISIS

If you or anyone you know is considering suicide or self-harm, or is anxious, depressed, upset, or needs to talk:

- ✓ **CRISIS TEXT LINE:** Text **CRISIS** to **741741** for free, confidential crisis counseling
- ✓ **THE NATIONAL SUICIDE PREVENTION LIFELINE:** 1 (800) 278-8255

MENTAL HEALTH SUPPORT

- ✓ **TALK SPACE:** For text and phone counseling from professional, certified counselors, visit [TalkSpace.com](https://www.talkspace.com).
- ✓ **TEEN COUNSELING:** For text / phone / video counseling from professional, certified counselors specializing in teenagers, visit [TeenCounseling.com](https://www.teencounseling.com).
- ✓ **REGAIN:** For internet-based relationship counseling (individuals or couples), visit [Regain.com](https://www.regain.com).
- ✓ **LOCAL COUNSELING:** Search the internet for certified counselors and therapists in your area. Many now offer sessions via telephone, Zoom, or other on-line conference and meeting spaces.

OTHER IMPORTANT RESOURCES

- ✓ **CENTERS FOR DISEASE CONTROL & PREVENTION:** For up-to-date information on public health issues, diseases, pandemics, etc., visit [CDC.gov](https://www.cdc.gov).
- ✓ **POISON CONTROL:** If you or a family member ingests poison, contact Poison Control at 1 (800) 222-1222, or visit [Poison.org](https://www.poison.org).

This "Ultimate Guide to a Healthy & Productive Quarantine" has been prepared by Health Nut Fitness, LLC (Owner, Matt Kellogg). Matt Kellogg is certified through the International Sports Sciences Association (ISSA) as a Certified Elite Fitness Trainer, Certified Youth Fitness Trainer, and Specialist in Fitness Nutrition. He is also a Certified Meditation & Mindfulness Teacher, certified through the School of Positive Transformation and accredited through the International Mindfulness and Meditation Alliance. Kellogg is the author of "Before It's Too Late! What You Need to Know to Fight & Win the Battle Against Obesity", as well as a Personal Wellness & Life Coach and Public Speaker. www.HealthNutFitness.us. Facebook [@HealthNutFitnessBlog](https://www.facebook.com/HealthNutFitnessBlog).