SPRING CLEANING

WITH CVHD

Physical Health

- Make sure immunizations are up to date.
- Schedule visit with PCP.
- Try a new healthy recipe.
- Wash your hands with soap and water.
- Maintain a healthy sleep schedule.
- Know your COVID-19 testing & Vaccination locations.

Mental Health

- Take mental breaks through the workday.
- Take time to do something you love to do
- Take a walk during the day.
- Ask for help- it's okay.
- Remember self care is health care!

CENTRAL VIRGINIA
VDH
HEALTH DISTRICT