

September 2020

Dear Communities,

The VIVA Connects team hopes that you are all doing well, and finding ways to safely enjoy activities outside. This Listserv has been designed to easily provide the most current and accurate health information to you all, so that you may keep yourselves and your communities safe.



Get Your Flu Shot Today!

Q: When should I get my flu shot?

A: It is not too early to get the flu shot for yourself and your family now. The best time to get your flu shot is in September and October.



Q: Why should I get my flu shot?

A: Flu shots help teach your body how to protect you from getting sick from the flu. Flu vaccines are very safe, effective, and help you and others around you to stay healthy. It is especially important to have a strong and healthy body during this time of COVID, so make sure to get your flu shot this year!

Q: Where can I get my flu shot?

A: Many grocery stores, pharmacy stores (such as CVS and Walgreens), and your local health clinic will offer flu shots.

Here is a list of websites to help you find a location for you and your family to get flu shots:

- www.immunizenm.org
- <https://hsc.unm.edu/programs/nmimmunization/gotshot.html>



Q: What if I don't have health insurance?

A: There are options for those who do not have health insurance. Visit:

<https://nmcdc.maps.arcgis.com/apps/webappviewer/index.html?id=e3c75a14ccf24ad494a203ce6e681d34> for more information.

Family Health and Fitness

Tuesday, September 29th is national Family Health and Fitness day. Enjoy this holiday by taking time to get outside and be healthy with your family!

** please continue to practice safe social distancing and wear a mask*

Here are some ideas of activities to do as a family:

- ☐ Going for a walk/hike
- ☐ Jogging
- ☐ Playing a sport such as basketball
- ☐ Ride horses
- ☐ Swimming
- ☐ Bike riding
- ☐ Jump rope
- ☐ Yard/garden work
- ☐ Washing the cars/trucks



Children should get at least 60 minutes a day of physical activity and grown adults should get at least 30 minutes a day of physical activity.

Here are the different types of exercises. Try to get all three types of exercise in during this week and every week.

- **Aerobic-** at least 3 times a week
 - Examples: walking, swimming, biking, horseback riding
- **Muscle- Strengthening-** at least 3 times a week
 - Examples: push-ups, weights, yardwork, exercising with exercise bands
- **Bone- strengthening-** at least 3 times a week
 - Examples: jogging, jump rope

Stay safe, mask up, and get outside!

Sincerely,

The VIVA Connects Team