

COVID-19 UPDATE

The Georgetown Naturopathic Wellness Centre Team is here to help you stay healthy!

While our office is not currently open for in-person contact, we are here to receive calls, set up telephone consultations as well as process any supplement orders by phone.

Please call if you need anything; advice, supplement refills, just to talk or for a good laugh.

We are here for you and would love to hear from you.

Take care and stay healthy.

PLEASE REMEMBER:

The Essentials:

- Stay at home.
- Wash hands often with soap and water for at least 20 seconds, especially upon returning to your home.
- If you need to go out for essentials, wear a mask. Non-medical masks are good. The virus is transferred by droplets, aerosol, as well as on hard surfaces and of course, close contact.
- Wash hands before and after your journey.
- Avoid close contact at all times.
- Stay at least 2 meters apart.

The following are essential to maintain your physical and mental health:

- Stay connected to your friends and family through technology.
- Keep to a daily schedule both for adequate sleep and exercise.
- Maintain an anti-inflammatory diet if possible. Less inflammation in your body means your immune system will be able to respond better if you do get COVID-19.
- Learn something new (musical instrument, knitting, etc) or start a creative project. This can help you to stay truly present and in the moment. It is difficult to be anxious when you are in the moment.
- Spend time each day doing something you love like listening to music, reading books, drumming, etc.
- Meditation can be helpful even for 5 minutes. Breathing and silence can help to balance the nervous system and reduce inflammation.

