

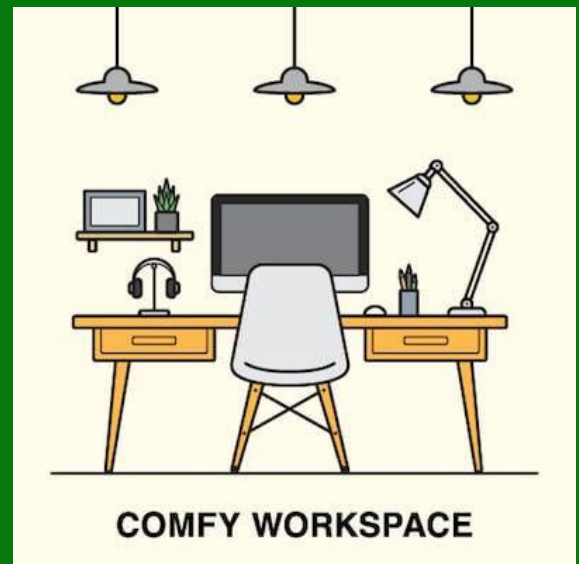
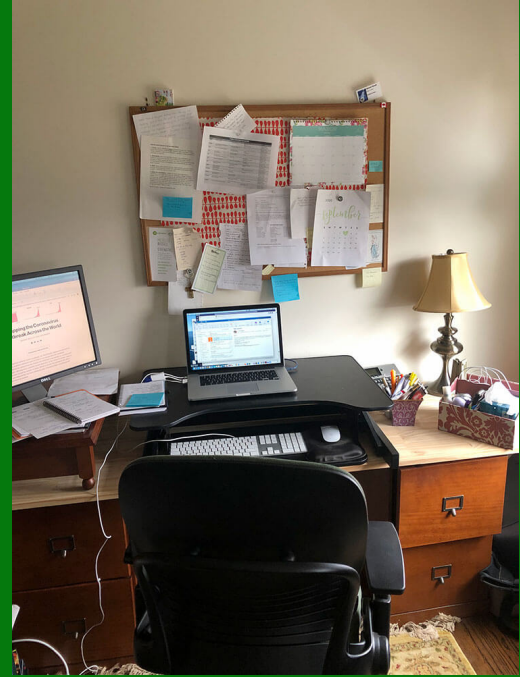


The HUSKIE HERALD

A weekly newsletter to help keep you entertained and healthy while self-isolating

How to Make A Productive Work Space at Home:

- 1) Get A Good Work Surface:** First and foremost, you need a place to set up and actually, you know, work.
- 2) Upgrade Your Desk Chair:** If you're going to be sitting all day, that wooden kitchen chair isn't going to cut it. Invest in a comfortable, supportive desk chair that won't leave you feeling achy after a day of work. If you don't have space for a new seat, at least treat yourself to a cushion.
- 3) Set Up By A Window:** Natural light is thought to improve productivity and boost mood. If possible, position your workspace near a window so you can catch a few rays and sneak a peek outside every now and then.
- 4) Bring Some Life Into Your Space:** Your photos and plants might still be at the office, but that doesn't mean you shouldn't recreate that vibe in your new WFH space. Surround yourself with things that make you happy, such as photos of family and friends, plants, and candles for a soothing vibe if you're into scent.
- 5) Invest In A Good Pair of Headphones:** There's no doubt about it: You're going to face distractions while working from home. You'll hear people talking outside. You'll hear your neighbor's music. You'll hear every door that opens and closes. A pair of noise-canceling headphones will help block out distractions and get you in the zone.



Best Apps to Connect With Friends and Family Virtually

- Facebook Messenger
- Facetime
- Google Duo
- Google Hangout
- Houseparty
- Skype
- WhatsApp
- Zoom

COVID Reminders!

Common Symptoms of COVID-19:

- 1) Fever
- 2) Cough
- 3) Shortness of Breath
- 4) Loss of Appetite
- 5) Sore Throat
- 6) Loss of Smell and/or Taste
- 7) Headache
- 8) Nasal Congestion
- 9) Fatigue
- 10) Chills

What Should You Do if You are Experiencing COVID-19 Related Symptoms?

- 1) Immediately Isolate
- 2) Call 811 for guidance - You can book a test through 811 or you can use the drive-thru testing
- 3) Update Residence by phone and/or email **ASAP** so that we can support you and provide you with an isolation unit if needed
- 4) Remain in isolation until test results come back negative and until you are 48hrs symptom-free

Please note that if you test positive we will take our guidance from SHA about how long you should isolate, and we will conduct our own internal contact tracing to eliminate and/or minimize any community spread

Ready Reads

*THE MIDNIGHT
LIBRARY*

by Matt Haig

Shameless Showtime

*Fate
The Winx Saga*

On Netflix

*The oldest record of
a valentine being
sent was in 1415*

Thoughtful Thinking

Fact of the week