



**WELLNESSWORKS**  
**MIAMI-DADE COUNTY**

# Wellness Watch

## Providing Miami-Dade County Employees with the Latest Wellness News, Programs and Events



**-Dr. Edward Group III**

# Healthy Selfie:



**Eduardo Espinola** enjoying some fruit at the Department of Solid Waste Management 3rd Annual Family Fun Day event.

Submit a Healthy Selfie for a chance to be featured in our monthly newsletter

What makes a selfie healthy? Activities

such as swimming, running, walking, biking, hiking, and yoga may be submitted. You may also share what you're eating, too. Additional activities that may be considered are healthy self-care and social activities that are good for your mental wellbeing such as meditation, reading, quality time with friends and family, downtime relaxing, learning a new skill, etc.

To be featured in the Healthy Selfie article in an upcoming newsletter, please submit high quality images to **Laura.Klein@MiamiDade.gov**.

## "Let Wellness Come to You"

WellnessWorks is hosting a Self-Care Webinar Series. Every Monday through Friday at noon, AvMed health coaches will be presenting a short 20 minute webinar on self-care topics. You will even have a chance to ask questions during the Q&A.

Earn 25 points by participating in each webinar as you engage with the WellnessWorks program. When you have earned 75 points, you will be entered into a quarterly drawing to win a \$250 prize.

Click on below topics to Register for the webinars you are interested in and take care of yourself during these trying times. After registering, you will receive a confirmation email with details on how to join the webinar.

- **Wednesday, April 1** - [Stress Management: Tips & Techniques](#)
- **Thursday, April 2** - [Meditation](#)
- **Friday, April 3** - [Time Management](#)
- **Monday, April 6** - [Healthy Eating On A Budget](#)
- **Tuesday, April 7** - [Setting Boundaries When There Are No Walls](#)
- **Wednesday, April 8** - [The Five Healthiest Habits](#)
- **Thursday, April 9** - [The Transtheoretical Model \(Stages of Change\)](#)
- **Friday, April 10** - [In The Kitchen With The Kids](#)

# Lemon Chicken & Asparagus Sheet Pan Dinner

Most of the flavor in this dish comes from Herbs de Provence which is a blend of spices that pairs really well with chicken, and of course lemon. It's one of those spices that's worth adding to your spice cabinet.

## Ingredients

- 4 boneless skinless chicken breasts, about 2 pounds
- 2 Teaspoons Herbs de Provence
- 1 clove garlic, minced
- 2 Tablespoons olive oil
- 1 Tablespoon honey or maple syrup
- 1 Tablespoon lemon zest
- 1/4 cup freshly squeezed lemon juice, from 1 lemon
- 2 Teaspoons sea salt, or to taste
- 1/2 Teaspoon freshly ground black pepper
- 1 bunch of asparagus, 1 1/2 pounds, washed and woody stems removed
- 1 lemon, cut into thin slices

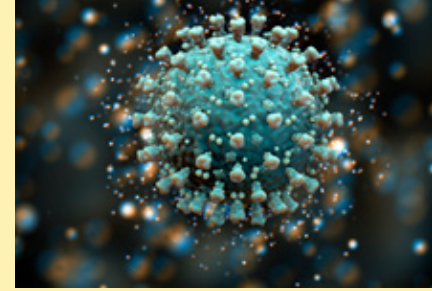


## Instructions:

1. Preheat the oven to 400°F and line a baking sheet with parchment paper.
2. Place the chicken breasts evenly on the baking sheet, and set aside.
3. In a small bowl, whisk together the Herb de Provence, minced garlic, olive oil, honey or maple syrup, lemon zest, lemon juice, sea salt, and pepper until combined. Pour half of the mixture over the chicken breasts. Place the pan in the oven and cook until the chicken is almost done, about 20 minutes.
4. Toss the remaining Herbs de Provence mixture with the asparagus, and set it aside.
5. When the chicken is almost done, remove it from the oven, and set the oven to the broil setting. Place the asparagus around the edges. Pour any of the remaining sauce from the asparagus over the pan. Place a few lemon slices in and around the chicken and asparagus.
6. Broil, (on the low setting) the chicken and asparagus until the asparagus is crisp tender and the chicken golden brown and no longer pink in the center, about 10 minutes and then serve immediately.

<https://getinspiredeveryday.com/food/lemon-chicken-and-asparagus-sheet-pan-dinner/>

# Know the Facts About COVID-19



## What is COVID-19?

COVID-19 is a respiratory disease. It was first reported in China in December 2019. Common symptoms of COVID-19 include a fever, cough, and shortness of breath. These symptoms may occur 2 to 14 days after being exposed to the virus. Most people who come down with COVID-19 have mild symptoms. These symptoms can make you feel like you have the flu. However, some people have more severe symptoms. In these cases, the virus may lead to pneumonia.

## How do people get COVID-19?

The most common way to get COVID-19 is by inhaling respiratory droplets in the air. When a person with COVID-19 coughs and sneezes, tiny droplets leave their mouth and nose and go into the air. You can't see these droplets. If you're within 6 feet of that person, you may breathe in those droplets. You won't even know you've done it. But by doing that, you may get the germs that cause COVID-19 in your body.

COVID-19 also can be shared if you touch a surface an infected person has touched. Some examples include door handles, elevator buttons and shopping carts. The germs can get into your body if you then touch your eyes, nose, or mouth.

## Who is likely to get COVID-19?

- Travelers returning from international areas where there is a high concentration of COVID-19 cases.
- People in contact with travelers returning from international areas where there is a high concentration of COVID-19 cases.
- People in close contact with someone who has COVID-19.

Most of the people who are getting sick with COVID-19 are adults. While some children have become infected with it, too, most of them have had milder symptoms than adults.

If people 65 years old and older get COVID-19, they're more likely to have a severe case. Likewise, people who have health issues, such as heart disease, lung disease, and diabetes are also at risk of getting a severe case.

## COVID-19 compared to influenza

Around the world, there are more than 724,945 confirmed cases of individuals with COVID-19. In comparison, at least 22 million people in the United States have had influenza this season.

<https://familydoctor.org/know-the-facts-about-covid-19/>

# Safe & Healthy Habits to Stop COVID-19 Spread

**Handwashing is one of the best ways to protect yourself and your family from getting sick.**

## Wash Your Hands Often to Stay Healthy

- **Before, during, and after** preparing food
- **Before** eating food
- **Before** and **after** caring for someone at home who is sick with vomiting or diarrhea
- **Before** and **after** treating a cut or wound
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage

## Use Hand Sanitizer When You Can't Use Soap and Water

You can use an alcohol-based hand sanitizer



that contains at least 60% alcohol if soap and water are not available.

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

## Sanitizers can quickly reduce the number of germs on hands in many situations. However,

- Sanitizers do **not** get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.



[https://www.nhlbi.nih.gov/files/docs/public/heart/dash\\_brief](https://www.nhlbi.nih.gov/files/docs/public/heart/dash_brief)  
<https://www.cdc.gov/handwashing/when-how-handwashing.html>