COVID: PROTECT YOUR BRAIN, TOO.

The coronavirus can directly harm the brain as well as mental well-being.

Take steps to safeguard your brain health:

- **Consider getting the vaccine as soon as possible**
  The health risks of COVID increase with age. Keep wearing masks, physical distance, and wash hands.

- **Watch out for signs of confusion and ‘brain fog’**
  Sudden changes in mental health or behavior should be reported to a medical provider.

- **Stimulate your brain**
  Exercise your mind through activities you enjoy like reading or music – try something new!

- **Stay socially connected**
  Find ways to connect with family and friends, safely and virtually.

- **Don’t delay necessary medical appointments**
  Maintain routine check-ups for ongoing health conditions.

- **Take care of your mental health**
  Make time to relax and unwind; spend time outdoors in nature. Seek help if you are struggling to cope.

- **Eat healthy, exercise**
  Nourish your body and brain with good nutrition and regular physical activity.

- **Maintain a normal sleep schedule**
  Getting 7-8 hours of restful sleep is essential for your brain health.

COVID-19 and Brain Health: The Global Council on Brain Health’s Recommendations on What to Do Now

GlobalCouncilonBrainHealth.org • Contact: GCBH@aarp.org

For more brain health info see StayingSharp.org

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