

CHALLENGES FOR ADULTS

- 1** Check that you have birth certificates for your family. If you need to get an official birth certificate, learn more at www.snohd.org/birth-certificates.
- 2** Make an appointment for an annual wellness exam.
- 3** Check your toothbrush, toothpaste, and floss supply. Replace or restock, if needed.
- 4** Check your blood pressure. You should know what a normal range is (typically under 120/80) and whether yours is high or low.
- 5** Find a book, article, or documentary to learn about something in science that interests you—medicine, space travel, plants, animals, and more.
- 6** Check that all household cleaning supplies, garden products (like pesticides), medications, batteries, and other possible poisonous items are secured out of reach of children and pets.
- 7** Try a new heart-healthy meal. Cook it yourself or order out from a local business. Think lots of vegetables, fruit, lean meat or other protein, and whole grains.
- 8** Expand your support network. Try a new activity or group, like a walking/hiking group, board or virtual gaming group, play date at the park for families, or library storytime.
- 9** Secure potential hazards. Put window locks on upstairs windows if you have kids in the house, make sure outdoor pools are fenced and locked, and store sharp objects separate from “safe” utensils in the kitchen.
- 10** Set aside at least 15-30 minutes every day this week to completely unplug. Spend the time deep breathing, stretching, or going outside.
- 11** Try muscle strengthening exercises at least twice in one week. You can lift weights, use resistance bands, or do exercises like squats or push-ups.
- 12** Support your lung health by getting out on a brisk walk or jog, or doing an in-home cardio workout. If you smoke or vape and want to quit, don't give up. Call 1-800-QUIT-NOW for support.
- 13** Pick one thing at home you use that is disposable and switch to a reusable option. Examples: reusable bags, reusable food storage containers, refillable soaps or shampoos.
- 14** Check smoke and CO2 detector batteries. Replace them if needed.
- 15** Check that you have a life jacket that still fits and is U.S. Coast Guard approved (check the label).
- 16** Learn how to get your immunization record. Check with your healthcare provider, or create an account at wa.myir.net.
- 17** Check your household and outdoor chemicals (pesticides, cleaners, fertilizer, etc.) and pick one that you can stop using or use less of. Overusing these products pollutes waterways.
- 18** Clean out your medicine cabinet and safely dispose of unused or unwanted medications. Do not throw opioids in the garbage or flush them. Use a safe disposal location: <https://med-project.org/>.
- 19** Have a septic system? Check your maintenance records. Depending on type of system, you're due to have a professional come every 1 or 3 years. No septic system? Check around toilets, sinks, and other appliances for back-ups or leaks.
- 20** Learn the crisis resources for your area. Memorize them, or put them in a place you can find easily. Call or text: 988. Online chat: www.imhurting.org.
- 21** Sit quietly and check in with yourself for a few minutes. Write down any questions about your health. Contact your doctor, or bring the list to your next appointment.
- 22** Check sleeping areas. Infants should sleep alone, on their back, on a flat surface like a crib without blankets or other objects. Older children and adults should sleep in a clean space without hazards around or over the bed that could fall.
- 23** Pick at least one calming activity to do every day this week. Ideas: deep breathing, meditation, bubble bath, exercise, outdoor time.
- 24** Clean out your refrigerator. Get rid of food that may not be safe to eat anymore. Then scrub your counters to remove food germs that might contaminate the next thing you make.
- 25** Buy or put together an emergency kit with supplies for at least 3 days. Ideas: nonperishable food, water, first aid kit, medications, emergency blanket and hand warmers, flashlights and batteries.
- 26** Donate blood. Learn more at www.bloodworksno.org



www.snohd.org/healthtrek