

SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER



COUGH



*Symptoms may appear 2-14 days after exposure.

SHORTNESS OF BREATH



Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

cdc.gov/COVID19-symptoms



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COVID-19 has brought life to a screeching halt for most Americans. Amidst all the panic, and fear-based media coverage—we are finding time to be still. This time is unlike any other that we have experienced. Let's reflect on our daily habits and routines. Let's remember that we are not alone, though we are more socially distanced than we ever have been. For those of us that are healthy, we are grateful. For those who are sick, or who have loved ones that are sick—you are in our hearts and prayers. Let us remember that we will carry on. Share some encouragement with others! *God is in control.*

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It's dreary out...
but in here it's all sunshine!

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IT'S WHAT'S INSIDE

- Evergreen Content: What it is and How You Benefit
- Boost Your Thinking in 10 Minutes
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Evergreen Content

When it comes to marketing, content marketing garners new customers and extends brand awareness. For businesses, marketers and professional individuals alike, one specific type of content that's popular is "evergreen content."

What is evergreen content and why is it so important?

Evergreen content refers to website content which is search engine optimized and continually relevant to website visitors. This means it stays "fresh" for readers, regardless of when they are reading it. Like an evergreen tree, evergreen content is **in season year-round**. Evergreen content is important to have on your website because it boosts your SEO rankings. Since evergreen posts never lose their relevance, they often have no expiration date and generally use keywords which are searched for over and over again.

What Evergreen Content Is Not

- Timely news articles
- Dated statistics
- Seasonal articles

"content that is fresh for readers regardless of when they are reading it"

Evergreen Content Ideas

- Listicles. Articles with general lists about a topic, e.g. "Top 10 Ways to Bring in a New Customer," are a great way to appear informed at any time.
- How-to tutorials. "How to" articles are always helpful. To stay evergreen, make sure your how-to articles are relevant without being particularly timely.
- Product or service information. For a business, fun articles on a particular product or service definitely can become evergreen content. Just make sure that product or service is staying around.

You can boost your thinking in just 10 minutes

Anyone can learn and understand more after just 10 minutes of moderate vigorous exercise. That is the finding of a University of Western Ontario study published in *Neuropsychologia*. The effects of 10 minutes of exercise appear to be immediate. In the study, a group used an exercise bike for 10 minutes and then tested on reaction time in completing a non-standard task. The exercisers had an immediate 14% gain in cognitive performance. Previous studies have shown that 20 minutes of exercise confers brain benefits, but this study shows that even people with physical and mental limitations can benefit from minor exercise. The implications are important for everyone. If you are taking a test or about to engage in any mental task, 10 minutes of exercise beforehand can give you an edge.

Let's Amp Up that Immune System!

Here are some tips from experts

We know our immune system is our line of defense when fighting off disease such as COVID-19. Let's face it—our body **ONLY** has what we give it to work with! In light of this pandemic many of us may be wondering, which fruits and veggies are doctors recommending most highly?

Spinach, mushrooms, strawberries and other foods packed with nutrients, such as vitamins A, C and D, are at the top of the list according to CNBC. Stock up on these on your next trip to the grocery store and cook 'em up! Not only is it typically healthier to cook at home, you can rest assured that you are being more quarantine friendly by not having someone else handling your food.

Garlic, thyme and oregano may also be a go to. They possess powerful antiseptic/antiviral properties.

Honey is another delicious, and beneficial food. Because the substance is so inhospitable to bacteria, it was used as a natural bandage in days of old. Today, honey is still used as a natural treatment for dandruff, stomach ulcers, and even seasonal allergies.

Don't Forget to—

- Get enough sleep, 7+ hrs. recommended
- Limit stress while awake, turn off the news for a while ;)
- Move your body and exercise, even a light walk is great!



These tips are not only COVID-19 friendly, they are things we should ALWAYS be mindful of. Let's treat ourselves well.



Have a Happier Marriage

Here's how to start it: Marry your best friend. Many studies show that married people are happier and more satisfied with their lives, particularly during stressful times, if they consider their spouses to be their best friends. According to Gallup World Poll, partners who consider their spouses to be their best friends get about twice as much life satisfaction from marriage than other people do.

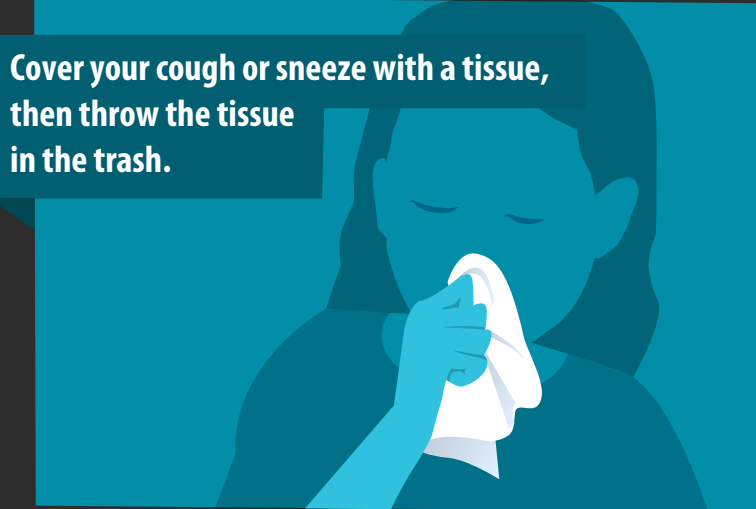
Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



When in public, wear a cloth face covering over your nose and mouth.

Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.

