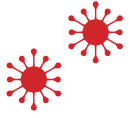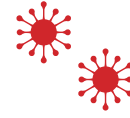# COVID: PROTECT YOUR BRAIN, TOO.

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.

Global Council on Brain Health
A COLLABORATIVE FROM AARP