

Healthy Living During COVID-19

During the COVID-19 pandemic, many of your usual routines have changed. You may find it harder to manage your health. It is more important than ever to think about staying active and eating well. Learn about managing your health during the pandemic.

New information and evidence about Covid-19 is constantly emerging. This means that recommendations can change based on recent findings or updates. Keep checking this page and the resources below to see if there are any changes to recommendations.

Find out more about staying healthy during the pandemic.

Healthy Eating During COVID-19

Healthy eating is essential to keeping your immune system strong and lowering your risk of illness and chronic disease. If you have a health condition, continue to follow any dietary recommendations from your health care provider or registered dietitian. To learn more about healthy eating, visit:

- [Eating Well During the COVID-19 pandemic](#)

Healthy Movement and COVID-19

The COVID-19 pandemic impacted levels of physical activity and/or sedentary behaviour among people of all ages. These movement behaviours naturally occur throughout our day and have opposing effects on our health. Being active on a regular basis benefits our physical and mental health in many ways, including improving physical fitness and reducing anxiety, depression and stress. High levels of sedentary behaviour can have negative effects on our physical and mental health, such as losses of muscle mass and strength and higher risk of depression. If you are interested in learning more about healthy movement behaviours or making changes to how much you move and/or sit, visit:

- [Healthy movement and COVID-19](#)

Injury Prevention

Injuries are one of the leading causes of visits to the emergency room. Many of these injuries are predictable and preventable. During the pandemic, it is important to be safe while spending time indoors with family or when going outside. Doing so can reduce the chance that you or a family member will get injured. For more information on injury prevention, see:

- [Disease and Injury Prevention Resources](#)
- [Injury prevention](#)

Managing Chronic Health Conditions During COVID-19

If you have a chronic condition, it is particularly important to take care of your health. Take steps to prevent contracting COVID-19, and find out what to do if you have symptoms. Healthy eating and

staying active can help you stay well and avoid complications. For information about specific chronic conditions and COVID-19, see the links below:

- [Arthritis Society: COVID-19 and arthritis](#)
- [Asthma Canada: Coronavirus \(COVID-19\) and Asthma](#)
- [BCCDC: Covid-19 Information for those with Chronic Health Conditions](#)
- [British Columbia Lung Association: COVID-19](#)
- [Crohn's and Colitis Canada: COVID-19 and IBD](#)
- [Diabetes Canada: FAQ about COVID-19 and diabetes](#)
- [Heart & Stroke: Coronavirus, heart disease and stroke](#)
- [BC Renal Agency: Novel coronavirus \(COVID-19\) – Kidney Disease](#)
- [Osteoporosis Canada: Your Bone Health During COVID-19](#)

Alcohol Use and Other Substance Use

The COVID-19 pandemic has increased boredom, stress and anxiety for many people. These uncertain times have led some to turn to alcohol. A recent report by the Canadian Centre on Substance Use and Addiction (CCSUA) discovered Canadians under the age of 54 report drinking more while at home during the pandemic. The CCSUA also provides practical advice on how to reduce the risks associated with drinking. See the following for guidance on how to manage stress and substance use during these uncertain times:

- [Canadian Centre on Substance Use and Addiction: Canadian Low-Risk Alcohol Drinking Guidelines](#) (PDF, 614KB)
- [Canadian Centre on Substance Use and Addiction: Coping With Stress, Anxiety, And Substance Use During Covid-19](#)
- [Canadian Centre on Substance Use and Addiction: Managing Stress, Anxiety And Substance Use During Covid-19: A Resource For Healthcare Providers](#)
- [Mental Health and Substance Use](#)

COVID-19 and Sex

The COVID-19 virus has been found in saliva, respiratory fluids, urine and feces. While the virus, known as SARS-CoV-2, hasn't been detected in vaginal fluid, it has been detected in semen and more research is needed to determine if the virus can be transmitted sexually. The virus can be spread to people who are within 2 metres (about 6 ft) of a person who is infected when that person coughs or sneezes. It can also be passed by touching contaminated surfaces and then touching the face, eyes, nose, or mouth. You are your safest sex partner, and your next safest sex partner(s) is/are the person(s) you live with.

If you're feeling fine and have no symptoms of COVID-19, you can still have sex. If you're feeling sick, skip sex. For more information, see:

- [BCCDC: COVID-19 and sex](#)

Smoking and Vaping

Smoking increases your risk of health problems such as heart disease and lung cancer. It also puts you at risk of complications from COVID-19. Quitting smoking can improve your health and reduce the chances of dying from these illnesses. To learn more about smoking, visit:

- [BCCDC: Vaping, Smoking and COVID-19](#)
- [Chronic Obstructive Lung Disease](#)
- [Quit Smoking](#)
- [Vaping](#)

Parenting During COVID-19

Parenting during the pandemic can be challenging. If you are pregnant or breastfeeding, you may have questions about your health and your baby's health. Children may be bored and miss friends. They might be scared about recent changes and restrictions. Learn more about infant and maternal health and helping your children cope during the pandemic:

- [Children, Youth and Families and COVID-19](#)

Last updated: March 3, 2024

The information provided in the Healthy Living During COVID-19 Health Feature has been adapted from the [BCCDC: COVID-19 and Sex](#) page, accessed May 27, 2020.