



## About National Women's Health Week

National Women's Health Week (NWHW) is a weeklong health observance led by the U.S. Department of Health and Human Services' Office on Women's Health (OWH). The week May 10–16, 2020 serves as a reminder for women and girls, especially during the outbreak of COVID-19, to make their health a priority and take care of themselves. It is extremely important for all women and girls, especially those with underlying health conditions, such as hypertension, diabetes, obesity, cardiovascular and respiratory conditions, and women 65 years and older, to take care of your health now.

### What steps can I take for better health?

The Office on Women's Health encourages women and girls to:

#### Take care of your body and mind:

- Talk to your healthcare provider:
  - if you have concerns about COVID-19;
  - if you are sick;
  - if **stress** is getting in the way of your daily activities; or,
  - if you have a health condition, such as **asthma**, **diabetes**, **high blood pressure** or **obesity**, to develop or maintain a plan to keep it under control.
- Maintain a **healthy weight**.
- **Get and stay active** regularly **in your home** or outside your home.
- **Eat heart-healthy**, well-balanced meals and snacks.
- Take care of your **mental health**:
  - Stay connected with family and friends.
- Find healthy ways to manage **stress**.
- Practice good **sleep** habits to improve your mental and physical health, and boost your immune system:
  - Follow a routine for going to sleep—be consistent going to bed and getting up—even on weekends.
  - Try to get **at least 7 hours of sleep**.
- Monitor **alcohol** intake and avoid illicit drugs, including drugs that are not prescribed to you.
- Look out for your lungs:
  - Try to **quit smoking** and **vaping**.
  - Smoking weakens your lungs and puts you at a much higher risk of having serious complications.
- **Slow and stop the spread of COVID-19** while protecting yourself. To get the most up-to-date information on COVID-19, visit:
  - [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)
  - [Coronavirus.gov](https://www.coronavirus.gov)
  - [USA.gov/coronavirus](https://www.usa.gov/coronavirus)
  - **When to Seek Emergency Care**  
[Article](#) | [Video](#) By: **Adm. Brett P. Giroir, M.D.**,  
*Assistant Secretary for Health*
  - **Five Things You Need to Know About Donating Blood During the COVID-19 Outbreak** (video)  
By: **Eric Hargan**, *Deputy Secretary of HHS*
  - US Department of Health and Human Services **COVID-19** video playlist (YouTube)

# NWHW

NATIONAL WOMEN'S HEALTH WEEK

MAY 10-16, 2020



## How can I take these steps?

It's not always easy to take steps for better health, and every woman has her own approach. The key is to find what works for you. A great way to do that is to reflect on your health goals, what motivates you, and what's holding you back from being your healthiest you. Use our online tool to uncover personalized tips to help you take the next step on your health journey. Get started today at [womenshealth.gov/nwhw/find-your-health!](https://www.womenshealth.gov/nwhw/find-your-health)

## How can I participate in National Women's Health Week?

The Office on Women's Health invites you to:

- Share what steps you're taking for good health at every age. Use our social media and promotional tools at [womenshealth.gov/nwhw/tools/social-media](https://www.womenshealth.gov/nwhw/tools/social-media). Include **#NWHW** and **#FindYourHealth** in any messages you share.
- Organize events or activities in your community.
- Use our online tool for customized tips to improve your healthy eating and physical activity habits. Visit [womenshealth.gov/nwhw/find-your-health](https://www.womenshealth.gov/nwhw/find-your-health).
- Share the tool with your friends and family to help them take the next step on their personal health journeys.



[www.womenshealth.gov](https://www.womenshealth.gov) | 1-800-994-9662



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