



March 18, 2020

Media Contact Phone Number: (330) 812-3700

FOR IMMEDIATE RELEASE

Akron, Ohio – Challenge Accepted! Social media sites have been used to propose challenges in which young and old alike have participated. Things like the “ice bucket” challenge have been done to raise awareness and funds for ALS research. Things like the “laundry pod” challenge left many scratching their heads and making calls to poison control.

With all K-12 and college students home for at least the next few weeks, we want to encourage kids to use this time to accept **positive** challenges. Some suggestions for positive and lighthearted challenges include:

- 100 Squat/push-ups/jumping jacks challenge – work up a sweat!
- Yoga challenge – film yourself trying your best warrior or pigeon pose.
- Blindfolded make-up challenge – this one could get messy.
- Kindness challenge – find ways to be extra kind to your family while you spend extra time together.

Any type of challenge that would have someone touching dirty surfaces is not just gross...they are very unhealthy. (Think of a certain professional basketball player who thought licking microphones was a good idea. That didn't work out too well for him...or the NBA.)

We need to take our health seriously and focus on keeping ourselves and those closest to us free of sickness as much as we can

Please remember these simple steps you can take to reduce the spread of viruses:

- Wash your hands often with soap & water for at least 20 seconds. Use an alcohol based hand sanitizer if soap and water aren't available.
- Cover your coughs and sneezes with a tissue or your sleeve (not your hands)
- Avoid touching your mouth, nose, and eyes.
- Clean high touch surfaces frequently – phones, doorknobs, light switches, cell phones, etc.
- If you have any signs of sickness, **stay home!**

General public questions can be answered by calling:

SCPH call center Sat/Sun 9a-3p and M-F 9a-5p - 330-926-5795

ODH call center 7 days 9a-8p - 1-833-4-ASK-ODH

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