



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 9-15, 2021—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 **older adults**, to take care of your health now.

What steps can I take for better health?

Take care of your physical and mental health:

- **Continue to protect yourself from COVID-19** by wearing a mask that covers your nose and mouth, watching your distance (stay 6 feet apart), washing your hands often, and getting a COVID-19 vaccine when it is available to you.
- **When the COVID-19 vaccine is available to you, schedule your appointment and talk to your friends and family** about the importance of getting the COVID-19 vaccine.
 - » To learn more about the COVID vaccine, how to prepare for your vaccine appointment and what to expect, visit: <https://go.usa.gov/xHRDu>
 - » You can find locations to receive the vaccine here: <https://vaccinefinder.org/search/>
- **Talk to your doctor, nurse, nurse practitioner, and/or physician assistant:**
 - » about the COVID-19 vaccine and any vaccines that you may have missed during the pandemic;
 - » about preventive care such as PAP smears, mammograms, bone density scans, stress tests, cholesterol screenings, blood pressure screenings, physical exams, and other preventive health screenings that you may have missed during the pandemic;
 - » if stress, anxiety, or depression 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.
- » if your child has missed any recommended check-ups or vaccinations during COVID-19. The pandemic has caused many disruptions in families' lives – and in some cases, it has meant that children have missed or delayed their wellness checkups and vaccination, which are a critical part of ensuring children stay healthy. Talk to your child's doctor to make sure they are on track with **routinely recommended vaccinations**. If they have **missed any vaccinations** due to COVID-19, **work with your child's doctor to develop a plan to get caught up**.
- **Maintain a healthy weight**
 - » **Healthy weight** is different for everyone but it's important to know what a healthy weight is for you. Talk to your health care provider about what a healthy weight is **for you**.
 - » Set realistic goals. Talk to your doctor or nurse about your health goals and ways to achieve them.
- **Get and stay active**
 - » Spend time outdoors in the sunshine and be physically active for at least 30 minutes a day.
 - » Incorporate exercises that build and strengthen your muscles. This is important if you experienced reduced movement or physical activity or if you were hospitalized during the pandemic. All of these may contribute to muscle loss.

Visit [womenshealth.gov/nwhw](https://www.womenshealth.gov/nwhw) for resources and more information about finding your health.



- » You can get great ideas to get active and create a weekly activity planner through **Move Your Way**.
- » If you are pregnant, there are **ways that you can exercise safely** but it is important to talk to your doctor before starting or changing your physical activity.
- » There is not a “one-size-fits-all” approach to physical activity. **Find a routine to fit your needs** based on your age, stage of life, and abilities.
- **Eat well-balanced meals and snacks**
 - » **Heart-healthy eating** involves choosing certain foods, such as fruits and vegetables, while limiting others, such as saturated and trans fats and added sugars
 - » It's important to ensure you are getting enough vitamins in your diet, like vitamin D. Good dietary sources of Vitamin D include fortified foods such as milk, yogurt, orange juice, and cereals; oily fish such as salmon, rainbow trout, canned tuna, and sardines; and eggs. **Calcium** is an **important nutrient** for your bone health across the lifespan.
- **Take care of your mental health**
 - » Stay connected with family and friends.
 - » **Connect with your community-** or faith-based organizations.
 - » Make time to unwind and focus on activities you enjoy.
 - » Pay attention to changes in your mood
 - » If **you or anyone you know is experiencing changes in thinking, mood,** behavior, and/or thoughts of self-harm, reach out for help:
 - » **SAMHSA's National Helpline – 1-800-662-HELP (4357)**
 - » SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
- **Seek help if you or someone you know is experiencing domestic violence**
 - » **National Domestic Violence Hotline** is a 24/7 confidential service that supports victims and survivors of domestic violence. The hotline can be reached:
 - » By phone: **1-800-799-7233(SAFE)**
 - » By text: Text **LOVEIS** to **22522**
 - » Online chat: **<https://www.thehotline.org>** and select “Chat Now”
 - » Highly trained, experienced advocates offer support, crisis intervention information, educational services and referral services in more than 200 languages. The website provides information about domestic violence, online instructional materials, safety planning, and local resources.
- **Find healthy ways to manage stress**
 - » As a caregiver, taking care of yourself and getting the help you need are important. **Taking care includes maintaining healthy behaviors, managing stress, and seeking extra support, especially during COVID-19.**
- **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**
 - » **Quit smoking** and vaping.
 - » Smoking weakens your lungs and puts you at a much higher risk of having serious health complications, especially if you have COVID-19.



How can I take these steps?

It's not always easy to take steps for better health but we have tools and resources that can help you create a plan that works for you. A great way to get started is to reflect on your health goals, and the things that can help you be your healthiest you, especially during the pandemic. Here are just a few examples:

- » **Learn more about the COVID Vaccine and how schedule your appointment.**
- » **Make sure you are fully protected against COVID** by getting the required number of shots for your vaccine. The **Pfizer-BioNTech** and **Moderna** COVID-19 vaccine require two vaccine doses. After you receive your first shot, don't delay scheduling your second shot. Getting your vaccines on the recommended schedule is the best protection against COVID-19. **Learn more about planning and getting your second shot.**
- » The **Johnson & Johnson's Janssen (J&J/Janssen) COVID-19 Vaccine** requires only 1 shot.
- » Get tips for a healthy pregnancy if you are **pregnant or planning to get pregnant.**
- » Use our **online tool to get personalized steps to help** you create your plan for better health.
- » Create a plan for **staying healthy and safe if you plan to travel.**

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

The Office on Women's Health invites you to:

- » Continue to take steps to protect yourself from COVID by social distancing, wearing masks, and getting your COVID vaccine. Join the HHS **COVID Community Corps** to help encourage your family, friends and other people you know to get their vaccine and take the same steps to protect themselves.
- » Share what actions you are taking **for good health** such as getting active and managing stress.
- » Use our NWHW promotional tools and share on social media. Use **#NWHW** in any social media messages you share.
- » Organize virtual events or activities in your community.
- » Use our online tool for customized tips to improve your healthy eating and physical activity habits.
- » Share the tool with your friends and family to help them take the next step on their journeys to better health.



OASH

Office on
Women's Health

30 YEARS
1991-2021



facebook.com/hhsowh



twitter.com/womenshealth



youtube.com/womenshealthgov



pinterest.com/womenshealth