

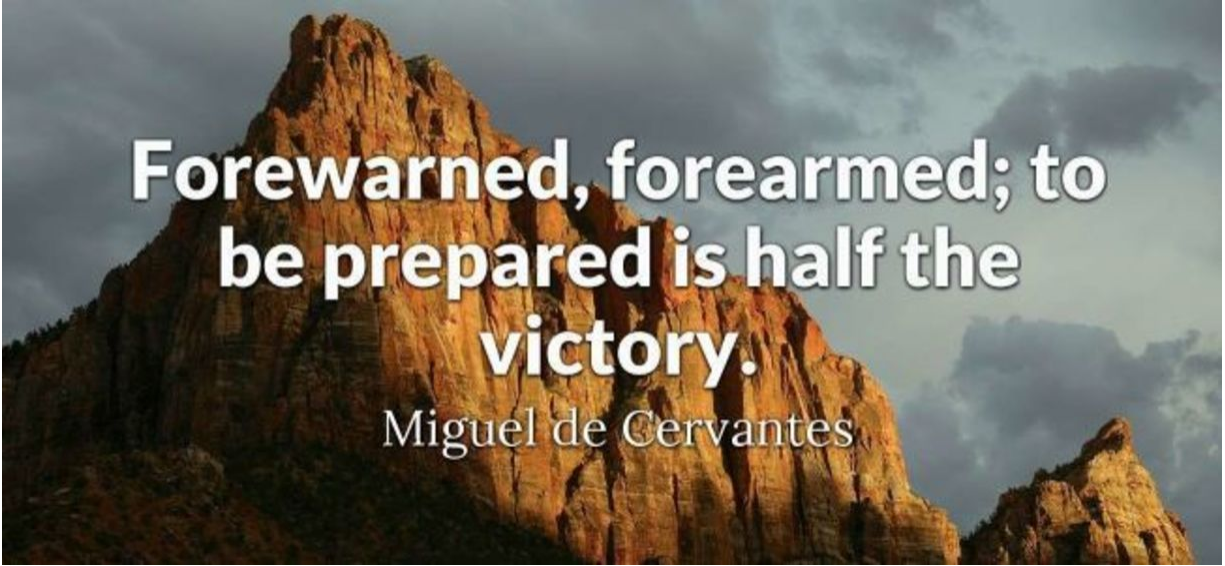
August 20, 2020



---

With the recent fires, air quality and heat events impacting the Bay Area, we hope to provide some resources to help everyone prepare an emergency action plan. We also encourage you to reach out to relatives, neighbors and seniors who may be more vulnerable given the isolation caused by COVID-19. Reminder that the Koret facility will remain closed until January 2021. We recommend you bookmark these links to track reopening timelines for the **State of California** and **City of San Francisco**. Find **updated USF COVID resources** to support and protect our community.

---



Forewarned, forearmed; to  
be prepared is half the  
victory.

Miguel de Cervantes

---

*"Forewarned, forearmed; to be prepared is half the victory." Miguel de Cervantes*

---

---

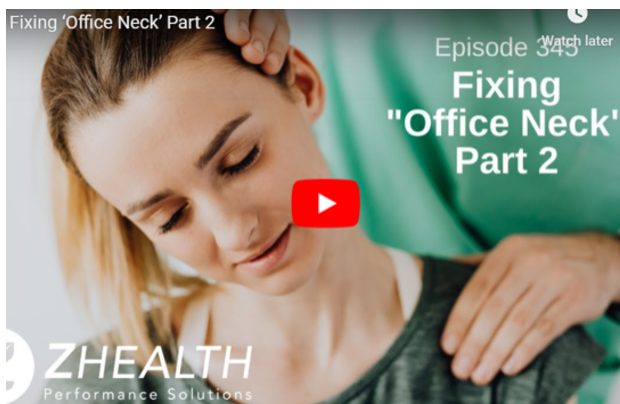
## Running 101

This week Dom's Running 101 video features information on **passive recovery tools** for runners.



### Passive Recovery Tools

Trainer: Dominic Wall  
Koret Health & Recreation Center  
University of San Francisco



## Train Your Brain

This week is part 2 of the 'Office Neck' series featuring simple drills to help avoid neck pain and mobility issues caused by long hours of remote work and studying.

---

## FEATURED WORKOUTS



### Workout #1:

Join Strength & Flow Yoga w/Drey (T/Th @ 9-10am)



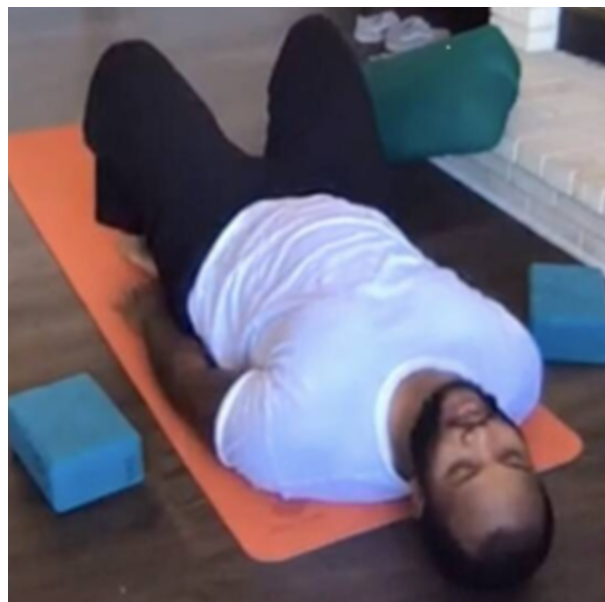
### Workout #2:

Enjoy a self-paced workout break with Maggie's featured WOD (Workout of the Day)



### Workout #3:

Stuck inside due to smoke? Prepare for the Fall Challenge when you download the **bingo card** and pick your favorite places for **Local Exploration Week**.



### Workout #4:

End your day with serenity and self-care when you attend Bedtime Yoga w/Brian (Thursdays @ 9-10pm).



# SELF-CARE CORNER

---

The **Dons Health Check** health survey is required to be completed (**daily**) by all students and employees that are approved to come to any USF campus. This will keep our onsite population healthy through tracking daily health checks in order to identify any symptoms of illness early on, thereby limiting the viral spread of COVID-19 at USF. Dons Health Check is located on the USF Mobile application, **myUSF** as a persistent banner, and the Student Hub.



---

## COMMUNITY CORNER

---



### Todd's Top Ten

This week Todd ([@toddtherottie](#)) provides his Top Ten Resources for Emergency Preparedness

The website [sf72.org](#) provides resources in 108 languages to help people **get connected**, gather **essential supplies**, and **make a plan** to be better prepared when facing an emergency situation.

The Neighborhood Empowerment Network provides **online resources for individuals dealing with a heat event** in San Francisco. The information is translated in English, Tagalog, Chinese, Russian, Spanish and Vietnamese (scroll to the bottom of the page).

Visit **San Francisco Department of Emergency Management** online to ensure you receive critical information during an emergency.

FEMA reminds you to be informed and get **tech ready**.

The American Red Cross recommends these **Survival Kit Supplies**.

The CDC provides resources about **Caring for Children in a Disaster**.

**Cal Fire** provides a map of **active fire incidents** across the state (including updated containment percentage).

**Rxopen.org** helps individuals locate open pharmacies in areas impacted by disaster.

The Sierra Foothills Village put together this amazing presentation on **Emergency Preparedness, Are You Ready?** Some of the information is specific to Nevada City and the surrounding area, but it's a valuable resource for anyone looking for a template to make an emergency game plan.

And last, but certainly not least, preparing your pets for emergencies makes sense. **Get ready now.**

Join the conversation **#USFCA**



UNIVERSITY OF SAN FRANCISCO  
Koret Health and Recreation Center

(415) 422-6821

[USFCA.EDU](https://usfca.edu)

[DIRECTIONS](#)

[CONTACT US](#)

CHANGE THE WORLD FROM HERE

University of San Francisco  
2130 Fulton St  
San Francisco, CA | 94117 US

If you wish to be removed from the Koret Health and Recreation Center mailing list, [click here](#).  
View this email [online](#).

This email was sent to .  
*To continue receiving our emails, add us to your address book.*

[Subscribe](#) to our email list.