Change everything marked in red to reflect your organization and community; change to black before sending to media; put on your letterhead and email to reporters

**For Immediate Release:**

Apr. XX, 2020

**For More Information:**

Contact Name

Name of Organization

Telephone # and Email address

**Name of Your Organization shares ways residents can stay healthy during COVID-19**

**Managing chronic diseases at home is vital**

CITY/TOWN, La. – NAME OF ORGANIZATION wants residents of CITY/TOWN to stay healthy while they are sheltering at home due to COVID-19, especially those who have chronic diseases.

“We know that people with chronic diseases are most at risk of having complications from COVID-19, which is why we’re encouraging them stay home, but it’s just as important that they manage their diseases while they are at home,” said CONTACT NAME, CONTACT TITLE at ORGANIZATION.

In particular, residents with diabetes or high blood pressure should be monitoring their conditions regularly and ensure they have enough of their medications. Beyond that, monitoring their diet and being physically active will help them stay well.

ORGANIZATION has tips for cooking healthy meals and recipes, along with ways to both stay active and support your mental health at ORG’S WEBSITE ADDRESS.

“We encourage everyone who has diabetes, high blood pressure or another chronic illness to manage their care at home and use these helpful tips. You never know, you might find a great recipe or an exercise you love that you never knew about before! Staying ahead of your illness and staying positive will help you as we get through this unusual time,” said NAME.

NAME also encourages residents who need prescription refills or who aren’t feeling well to call their doctor’s office for assistance.

For more information on what ORGANIZATION is doing in the community, visit ORG’S WEBSITE ADDRESS.

Boilerplate: short paragraph that explains your organizations’ mission and what you do.

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