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here we debunk five common myths and tell you how to truly keep your eyes healthy myth doing eye exercises will delay the need for glasses fact eye exercises will not improve or preserve vision help your eye health or reduce the need for glasses the covid 19 virus spreads most commonly through the air between people in close contact the most effective way to protect yourself and others from getting covid 19 is to follow the recommendations for getting a cdc vaccine deciding if travel insurance is worth it depends on whether your trip is refundable where you re going and how much coverage you get from your credit card to help lessen the spread of the new coronavirus and covid 19 the disease it causes here are important steps to help protect your and your family s health read how to protect yourself from coronavirus and slow the spread including get vaccinated wear a mask and avoid crowds and poorly ventilated spaces symptoms testing what to do if sick daily activities and more consumer reports explains when you should use a vpn when you may not want a vpn and some tips for staying safe while using one covid jabs protect you from becoming ill and go a long way to preventing you making other people ill too the chance of a vaccinated person transmitting covid to an unvaccinated person is small the first step is to make sure whoever is sick is in contact with a healthcare provider they may be advised to get tested for covid 19 or just stay home and monitor symptoms if they test positive or are assumed to have the virus here s how to care for someone with covid 19 getting the recommended covid 19 vaccine and booster doses can help lower your risk of being severely ill from covid 19 travel increases your chance of getting and spreading covid 19 if you re unvaccinated staying home is the best way to protect yourself and others from covid 19 whether you re booking a flight with cash or miles flight insurance can help you get your money or miles back if your trip is unexpectedly canceled or delayed here s what you need to know to in light of these odds there s no doubt that you should take steps to protect yourself from fraudsters but should you pay for identity theft protection services or opt to monitor for you can do a number of things to ensure all of your money is safe in the unlikely event that your bank collapses you can open multiple accounts at different banks the fdic says you can also generally delta s trip protection includes the following trip cancellation and trip interruption you ll get the nonrefundable part of your prepaid reservation back if you need to cancel the ability to respond to danger and protect yourself both physically and mentally from violence and fear is a valuable life skill especially in these times of uncertainty protest and unrest keeping yourself safe is really important so learning how to protect yourself is a great idea there are a lot of potential dangers out there in the world but you can avoid them if you know how first take care of your emotional needs so you re mentally strong windows is safer than ever and security is easier thanks to windows security when you start windows for the first time windows security is there to help protect your device you want coverage to protect you if your flight is canceled or the unthinkable happens but is it always worth it each travel company has its own travel insurance program including expedia the policies differ by company and each company usually has multiple policies too but if you need to claim you could lose any discount you ve built up unless you pay to protect it this short guide looks at how it works how claims affect it and whether it s worth paying to protect it if you protect your ncd you ll only lose out once it s effectively insuring your insurance whether that s worth

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if you protect your ncd you ll only lose out once it s effectively insuring your insurance whether that s worth doing is hard to say i doubt you ll gain or lose much on average but the worst case outcome is less bad so i think it s worth it for peace of mind

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