



DECEMBER NEWSLETTER

TIS THE SEASON TO GIVE



Share the joy of Christmas this year with children from Kasih Bhakti Mandiri Orphanage by joining us to become their Secret Santa. Wrap a gift of your choice and submit it to Capital Place Concierge at the lobby level. Donations can be made up to 14 December 2020.

Due to the pandemic situation, this year's Secret Santa's donation will be held through Ms. Team Meeting.



For further information, kindly contact our Concierge at +62 21 2277 5959.

HOW TO WEAR A MEDICAL MASK SAFELY

Do's →



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



Avoid touching the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it



Discard the mask immediately after use preferably into a closed bin



Wash your hands after discarding the mask



Wash your hands before touching the mask



Inspect the mask for tears or holes

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.

[who.int/epi-win](https://www.who.int/epi-win)



HOW TO WEAR A MEDICAL MASK SAFELY

Don'ts →



Do not use a ripped or damp mask



Do not wear the mask only over mouth or nose



Do not wear a loose mask



Do not touch the front of the mask



Do not remove the mask to talk to someone or do other things that would require touching the mask



Do not leave your used mask within the reach of others



Do not re-use the mask

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.

[who.int/epi-win](https://www.who.int/epi-win)



HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

Do's →

-  Clean your hands before touching the mask
-  Inspect the mask for damage or if dirty
-  Adjust the mask to your face without leaving gaps on the sides
-  Cover your mouth, nose, and chin
-  Avoid touching the mask
-  Clean your hands before removing the mask
-  Remove the mask by the straps behind the ears or head
-  Pull the mask away from your face
-  Store the mask in a clean plastic, resealable bag if it is not dirty or wet and you plan to re-use it
-  Remove the mask by the straps when taking it out of the bag
-  Wash the mask in soap or detergent, preferably with hot water, at least once a day
-  Clean your hands after removing the mask

A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.

who.int/epi-win



HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

Don'ts →

-  Do not use a mask that looks damaged
-  Do not wear a loose mask
-  Do not wear the mask under the nose
-  Do not remove the mask where there are people within 1 metre
-  Do not use a mask that is difficult to breathe through
-  Do not wear a dirty or wet mask
-  Do not share your mask with others

A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.

who.int/epi-win



WHY IT IS BETTER TO CUT BACK OUR SUGAR CONSUMPTION



Eating too many sugar drives your insulin levels up, messes with your metabolism, and causes those calories to turn right into belly fat. And while losing weight is well and good, that's just the beginning of the health benefits of cutting back on the sweet stuff. Here are some of the important benefits reducing your sugar intake can provide you.

- **It can lower your blood pressure and bad cholesterol**

High blood pressure increases the workload of the heart and arteries and can cause damage over time to the whole circulatory system. Eventually, this can lead to heart disease, heart attacks, stroke, kidney damage, artery disease, and other serious coronary conditions.

- **It decreases your heart attack risk**

People with higher added sugar intakes had a notable increase in risk of heart attacks compared to those with lower intakes, one recent study found

- **It keeps your brain sharp**

Research shows that eating too much sugar can cause impair cognitive function and reduce proteins that are necessary for memory and responsiveness.

- **It improves mental health and mood**

Some studies suggest a link between the spikes and crashes of blood sugar levels to symptoms of mood disorders such as depression, possibly because sugar suppresses the activity of a hormone called BDNF, which is low in people with depression. Reducing sugar can help minimise symptoms of mental health conditions, boost your energy and improve your resilience to stress.

- **It can help reduce your risk of certain cancers**

Some research suggests that excessive added dietary sugar is correlated with higher levels of certain cancers, such as pancreatic cancer.

STAYCATION IDEAS LESS THAN THREE HOURS AWAY FROM JAKARTA

Yearning a break from city life? Whether you are a self-professed shopaholic, or looking for an escape with the family, We highlighted some destinations less than three hours away that will satisfy your wanderlust.

- **For Families**



For a real adventure, travel slightly south of Jakarta to Puncak, where you can fulfill the children's dreams of staying in a treehouse at the Taman Safari Lodge. Have a full day of fun next door at the Taman Safari Park, which houses a zoo and amusement park.

- **For Shopaholics**



Just under an hour by plane or three hours by car, Bandung, also known as the Paris of Java, offers a great shopping experience with its outlet malls and many boutiques. Stay at The Luxton Hotel in the heart of Bandung, to get easy access to factory outlets and historical sites like the Gedung Sate museum, or for a more relaxing stay, consider the serene Vila Air Natural Resort.

- **For Nature-Lovers**



Cool off from the city heat at the Nangka Waterfall in Bogor, just two hours from Jakarta by car. Take a dip in the shallow pool below the falls while enjoying the scenic view of Mount Salak. Check-in at the Mirah Hotel, just five minutes away from the Bogor Botanical garden.



If you're craving a beach holiday away and Bali's too far, Pulau Seribu, also known as Thousand Islands, will make the perfect island escape within Jakarta regency. Depart from Ancol Marina harbor to get to Bidadari, the nearest island just 30 minutes by boat, or explore islets like Ayer in the vicinity and stay at Pulau Ayer Resort and Cottages.