



Tips for Caring for Ourselves and Our Families During Coronavirus (COVID-19)



- Limit your daily news intake
- Focus on objective/factual information from medical sources; avoid opinion columns
- The Center for Disease control regularly publishes official information related to symptoms, prevention and spreading of the sickness (cdc.gov)



- Have a supply of food and basic necessities (toilet paper, diapers, soap, etc.) to last 2 weeks
- Try preparing meals at home (versus eating out)
- Consider alternatives like Walmart Grocery Pickup to do your shopping
- Don't hesitate to ask for help; many local organizations are distributing food and basic resources for FREE



- Recognize that your general stress levels might be elevated – in turn, this can limit your capacity to be patient (be aware of your triggers)
- Take time for self-care; relaxing activities and healthy habits
- Have conversations with your children about their worries/fears
- Talk with a professional; many therapists are offering telehealth appointments during the next several weeks



- Make a safety plan
- Organize important personal documents for you and your family (ID, birth certificates, prescriptions, bank accounts, etc.)
- Review locations for your nearest hospitals and medical centers

This document was prepared for families by the Alliance. Our staff will continue to share information, resources and mental health and safety tips over the next several weeks via our Facebook page. Stay safe!
Facebook.com/30thAlliance/