



COVID-19 Coronavirus

Supporting Families by Alleviating Concerns Through Education and Awareness

We are facing a global coronavirus (COVID-19) pandemic and working to understand our new way of living and working. This includes adapting to restrictions on social interactions, including social distancing, and practicing higher standards of hygiene. To help understanding this change in our daily life, we want to share some suggestions and resources to remind our North Texas families to stay physically and mentally (emotionally) healthy.

1. Information is Power: Coronavirus is a threat to the community. To learn how local government authorities are addressing this for us, visit your county health department's website for updates. Visit www.cdc.gov for national guidance and information. Avoid unsolicited information from social media or other sources.
2. Sharing the Right Information: Keeping all family members well informed with the right information is very important. All family members including the elderly and children should stay well informed at all times.
3. Talk to Children: Follow these basic principles for talking to children: Remain calm and reassuring; make yourself available to listen and to talk; avoid language that leads to stigma; pay attention to what children see or hear on television, radio, or online; if necessary, limit screen time; provide honest and accurate information; include children in the best practices you are following to stay safe and create indoor activities to provide structure and to engage them.
4. Talk to Elderly Family Members: The 65+ age group is at higher risk for COVID-19 so it is important to keep them informed and educated about safety measures and staying engaged physically and mentally; limit social media and television time if necessary.
5. Dealing with Physical and Mental Stress: Select suitable physical and mental exercises that you can do from home while following social distancing guidelines. Try to engage family members in indoor group sports activities, creative challenges, mindfulness/ meditation practices and breathing exercises to relieve stress. Remember that humor is a terrific tool. Watch a movie that makes you laugh.
6. Adapting to Work from Home: Create a formal and productive workplace; stay away from televisions or other distractions; get ready every morning for work just as you normally would; stay in touch with your coworkers and support each other.
7. Communicate During Social Distancing: While avoiding in-person meetings, continue communicating with family members, friends, and neighbors; continue helping people to stay calm by talking to them, using technology, and showing support; virtual social gatherings and support is another creative way of connecting. Please visit this link for more tips. <https://store.samhsa.gov/system/files/sma14-4894.pdf>

We encourage you to prioritize self-care and support your community while maintaining a social distance.

Please take the time to stay informed and vigilant as we get through this time together.