



Lassen COVID-19: Incident Command

Public Service Announcement FOR IMMEDIATE RELEASE

DATE: 3/27/20

RELEASE #: 2 of 2

SUBJECT: Maintain Self-Care during the COVID-19 (novel coronavirus) pandemic

During the COVID-19 (novel coronavirus) pandemic, it is important that residents are taking the time to maintain their physical and mental well-being. Many routines have been changed due to the Governor's stay at home order and the implementation of social distancing, including work and social gatherings.

- Develop a routine.
 - Get plenty of rest and maintain normal sleep patterns.
- Take time in your day to do things that bring you joy.
 - Go for a walk, work on a puzzle, etc.
- Reach out to your loved ones and talk about how you are feeling.
 - There are many platforms to connect with others via phone or video chat.
- Take care of your physical health.
 - Take deep breaths, eat healthy meals, and drink plenty of water.
- If you have existing problems with mental health, please continue with your normal routine and medication regimen. Find ways to reach out to your support groups while still being compliant with social distancing.
- Stay up-to-date on the most recent information regarding COVID-19, but take time and detach from the media.
- Limit your time watching and reading news, including social media.

USE THIS QR CODE FOR THE LOCAL INCIDENT ACTION PLAN (IAP):

LASSEN COVID-19



FOR THE MOST UP-TO-DATE INFORMATION, PLEASE VISIT OUR WEBSITE: LASSENCARES.ORG



Children's daily routines may be greatly impacted by the changes that have been implemented due to COVID-19. Be sure to communicate with your children about their concerns during these difficult times.

- Talk openly with your children about their feelings and answer their questions as best you can.
- Share your own ways of coping with stress with your children.
- Reassure your child that they are safe and educate them about ways to maintain safety for both themselves and their community.
- Try to create a daily routine for your children to help maintain normalcy.
 - Try to include time for daily hygiene routines, learning opportunities, and fun activities.
- Do your best to connect as a family.
 - Eat healthy meals together, play board games, and stay active.
- Be sure to encourage adequate rest.

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