

Helpful tips during COVID-19

Remember to take care of your mental health as well as your physical health during isolation, social distancing, and quarantine.



Groceries

Work with local officials to find out how to arrange for groceries and toiletries to be delivered instead of going out to the store.



Medications

Inform your healthcare providers on any medications you may need during this time, and arrange to pick them up.



Finances

Speak to your employer about why you are missing work.
Contact utility providers and request alternative bill payment.



Appointments

Contact your doctors and see if you are able to do a remote appointment.
If they are not available refer to your local hotline numbers.



Social

Stay properly informed but limit media exposure.
Reach out to each other via Skype, Facetime, phone call, text, or email.