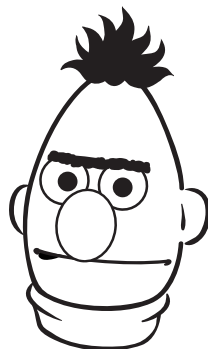


## Feeling Faces

Use the Feeling Faces as a tool to help children label and express their feelings. You may encourage children to color in each feeling face as well!



**furious**



**mad**



**miserable**



**ecstatic**



**frustrated**



**happy**



**thrilled**



**sad**



**disappointed**

# How to Care for Yourself at Home During COVID-19 (Coronavirus)

## What is coronavirus disease 2019 (COVID-19)?

Coronaviruses are a type of virus (germ) that can cause cold-like symptoms and sometimes serious problems with lungs and breathing. COVID-19 is a novel (new) coronavirus.

## What are the symptoms of COVID-19?

Mild to severe respiratory illness, or problems with lungs and breathing. Symptoms include:

- **Fever, cough, and shortness of breath**
- **Constant pain or pressure in the chest**
- **Confusion or can't wake up**
- **Blue lips or face**

## How does COVID-19 spread?

Person to person by coughing, sneezing, or personal contact like touching or shaking hands. Someone with mild symptoms may spread the disease without knowing they are sick.

## Who is most at risk?

Anyone can get COVID-19. Those at risk of severe illness include:

- **Elders and adults over 60 years of age,**
- **People with heart disease, lung disease, or diabetes.**

## Is there a vaccine or treatment?

**There is no cure for COVID-19** at this time. To treat symptoms, the sick person should drink lots of water and rest.

Contact a healthcare provider for advice. They may suggest taking over-the-counter drugs like Tylenol to help with symptoms.

Most people will have symptoms for a few days and recover after **1-2 weeks**.



For more information:  
**[CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)**

Effective March 27, 2020  
Source: CDC



## What should you do if you have COVID-19 or symptoms of COVID-19, like a cold?

### Stay at home.

- People who are mildly sick with COVID-19 do not need to see a healthcare provider and are able to recover at home.
- If symptoms worsen, call your healthcare provider.
- In an emergency, call **911**.
- Stay home and away from others for 14 days to avoid getting others sick. Some people may have mild illness and feel well enough to go out. **DO NOT** do this because it will spread disease.
- Inform those you've come in contact with as they should stay at home to prevent the spread of germs.
- Cover coughs and sneezes with a tissue, then throw the tissue in the trash and wash hands.
- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer.
- Avoid touching your eyes, nose, and mouth.
- Drink plenty of water.
- Stay in a specific room and away from other people in your home. Use a separate bathroom if possible.
- Do not shake hands, hug, or touch others.
- Avoid sharing items such as bedding, clothing, towels, and dishes with other people in your household.
- Every day, disinfect all "high touch" surfaces multiple times a day. These surfaces include: counters, tabletops, faucet handles, phones, and doorknobs. Common household cleaners and disinfectants are recommended. Wear gloves if possible.

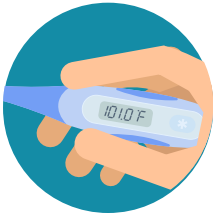
# 10 ways to manage respiratory symptoms at home

**If you have fever, cough, or shortness of breath, call your healthcare provider. They may tell you to manage your care from home. Follow these tips:**

- 1. Stay home** from work, school, and away from other public places, even if you feel well enough to go out. If you must go out, wear a face mask or bandana and avoid using any kind of public transportation or ridesharing.



- 2. Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



- 3. Get rest and stay hydrated.**



- 4.** If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



- 5.** For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



- 6. Cover your cough and sneezes.**



- 7. Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



- 8.** As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask or a bandana.



- 9. Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



- 10. Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



For more information: **CDC.gov/coronavirus**

# STRESS AND ANXIETY MANAGEMENT FOR PROVIDERS DURING COVID-19



The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people and communities. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. If you are providing care for a sick family member at home or you are a provider in a hospital or clinic setting, this can take an emotional toll on you. It is quite normal for you to be feeling this way in the present situation. Know the signs of stress and anxiety in yourself. Know how to relieve stress. Know when to get help.

## KNOW THE SIGNS

- Fear and worry about your own health status and that of your loved ones who may have been exposed to COVID-19
- Changes in sleep or eating patterns
- Difficulty sleeping, concentrating, or making decisions
- Feelings of depression or anger
- Worsening of chronic health problems
- Increased use of alcohol, recreational tobacco, or other drugs

## HOW TO COPE

Coping with these feelings and getting help when you need it will help you, your family, and your community recover. Stay in contact with family and friends while maintaining safe physical distance as much as possible. Take care of yourself and each other, and know when and how to seek help.

# WAYS TO SUPPORT YOURSELF

## Take a Break from Media

People can become more distressed if they see repeated images or hear repeated reports about the outbreak in the media. Take breaks from watching, reading, or listening to news stories. Instead, listen to your favorite music or read a book to take your mind off of the situation.

## Take Care of Your Body

Create a menu of personal self-care activities that you enjoy, such as exercising or meditating. Take deep breaths or stretch. Use your time off to relax—eat healthy, well-balanced meals, get plenty of sleep, and avoid alcohol and drugs. This is an experience that few of us have had before, but strategies you have used before can continue to benefit you now.

## Take Care of Your Mind

Connect with others and keep healthy relationships. Share your concerns and how you are feeling with a co-worker, friend, or family member. Maintain a sense of hope and positive thinking and remind yourself that these strong feelings will fade.

Ask for help if you feel overwhelmed or concerned that COVID-19 is affecting your ability to care for people as you did before the outbreak.

SAMHSA's Disaster Distress Helpline Toll-Free: 1-800-985-5990  
(English and Español) or TEXT: "TalkWithUs" to 66746



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Updated March 27, 2020  
Learn more: [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)



# Positive Parenting During COVID-19 (Coronavirus)

It's normal to experience stress and anxiety during an uncertain time. The outbreak of COVID-19 may cause stress, fear and anxiety, and can make parenting difficult.

Everyone responds differently to stress, but there are things that can be done to help parents and their children.

## Reducing stress for parents

While caring for others, parents also need to take care of themselves. Taking the time to make sure parents are cared for will help them be able to take care of others.

- **Take it easy on yourself.** Do the best that you can do, and be forgiving of yourself and others. These are hard times for everyone. No one can do it all, all of the time.
- **Know that you are not alone.** Friends, family, and neighbors are adapting to children being home all day. Find support and community with these people. Call or video chat with your support networks.
- **Communicate with others** in your home who are helping take care of children.
- **It's okay to take a break!** Stop and relax. Spend a minute checking in with your body. Stretch, meditate, or pray.
- **Take a deep breath,** and another, and another. Then remember that you are the adult.
- **Practice a craft.** Beadwork, weaving, painting, etc.
- **Splash cold water** on your face or hug a pillow.
- **Turn on some music.** Maybe even sing along.
- **Pick up a pencil and write down** as many helpful words as you can think of. Save the list.

Families who are struggling with added stress and more demands on parents need support. Reach out to loved ones, friends, neighbors, and coworkers during this stressful time. If you think a parent needs immediate help for emotional distress, connect them to the SAMHSA Disaster Distress Helpline for free, 24/7, crisis counseling.

**SAMHSA Disaster Distress Helpline**  
**1-800-985-5990**



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Effective April 6, 2020.  
Source: CDC, IHS

For more information:  
**[www.CDC.gov/coronavirus](http://www.CDC.gov/coronavirus)**



## Recognize that children may be stressed or anxious, too.

With school closings and increased time spent inside, children are adjusting to a new routine, which may cause them to experience stress and anxiety.

## How to help children

- **Be honest with them** about the COVID-19 outbreak and why they are home from school. Answer questions and provide facts in a way that children can understand.
- **Reassure them** that they are safe. Let them know it's ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you. Check in with children to make sure they are doing okay.
- **Teach them about keeping a safe distance.**
- **Create a new routine.** Recognize that this might change with time. Be flexible, but consistent with the routine.
- **Help them connect** (via phone, video chat, sending letters/drawings, etc) with friends/family. Listen to local radio, practice Indigenous language, or work on a craft.
- **Be open and listen to them.** Communicate calmly and clearly. Set clear and realistic limits.
- **Give them a choice to follow instructions** before giving them a consequence. Once the consequence ends, give them an opportunity to do something good and praise them for it.
- **Correct and redirect them** without losing control. Take a step back if you get frustrated with them.

If you think a child you know may be experiencing violence or abuse at home, consider calling the National Child Abuse Hotline. This hotline is free, confidential, and available 24/7.

**National Child Abuse Hotline**  
**1-800-422-4453**

Physically Distant but Socially Close

# Indigenous Resilience and COVID-19

Ideas to adapt our cultural practices and love our people in new ways



Native people have cared for one another through greetings, food, dance, ceremony, and much more. These cultural practices have sustained our people through many hardships and joyful moments. We value and care about our families and communities and have always adapted to ensure the safety of the next generations. In the face of the COVID-19 pandemic, it is important for us to again adapt our values and show love in a new way.

**“We need physical distancing and social closeness right now.”**

Dr. Megan Bang (Ojibwe)

You have probably heard this called “Social distancing.” The goal is to increase physical space between individuals to help reduce the risk of spreading a disease. Keeping individuals at least six feet apart is ideal based on what is known about COVID-19,<sup>1</sup> but that doesn’t mean we don’t keep our people close socially and culturally.

**And remember, humor is some of the best medicine!**

## Greetings

Greeting our family and community is an important way of showing our love and appreciation for each other, but it often requires we come within six feet of each other. Here are some alternatives to handshakes, hugs, and kisses that allow us to keep at least six feet between each other:

- Air high-five
- Point lips
- Smoke signals
- Sign language
- Fancy dance dance-off
- Sing honor song
- Breakdance battle
- Pre-record a greeting and send it while standing six feet away

## Food

Gathering for food and drink is also an important value. Here are some ideas that encourage social distancing while still enjoying the gift of food and community!

- Before sharing, preparing, or serving foods, wash your hands with soap and water for 20 seconds
- Use above recommendations for preparing food and drop a meal of on loved one’s porch.
- Share canned goods and dry foods like beans and rice.
- Wash all dishes and utensils in between each use.
- Share your commodity cheese—share the gold!
- Try to support small businesses by ordering some food on your phone or computer.
- Send some food to your elder’s house and share a meal over Skype!

## Dance

Dancing has always kept us healthy and strong. It also has brought us together as Indigenous people through social dances and powwow culture. Here are some ideas to stay socially close while still getting your physical activity.

- Always try to maintain a distance of six feet between each other.
- Have a Skype powwow with your favorite dancers!
- Teach your sibling your favorite dance move.
- Instead of dancing with friends and family, call them! Video chat. Send a text. Check in.
- Do some exercise check out Powwow Sweat on YouTube—  
**You ain't dead yet, lets powwow sweat!"**
- Make some regalia. Learn a new traditional craft—check out Juquin Lonelodge's YouTube videos on making regalia.

## Ceremony

Life during a pandemic can feel stressful, solitary, and scary. There are ways you can still practice ceremony while keeping socially distant.

- Smudging
- Boost your immune system
  - Take some vitamin C
  - Eat frozen fruit as a snack
  - Use plant medicines like teas, Elderberry, Cedar, Echinacea, and other immune boosters
- Practice prayer and pray with your loved ones over the phone or through video chat
- Drumming—consider a skype drum circle!
- One person sweat lodge
- Sit in silence—connect with yourself through meditation
- Bead, or learn to bead!

**If you are under 60 with no underlying health conditions**, offer to babysit (in groups of no more than 10 or less) for folks who still may be working and have kids at home.

## Learn more about COVID-19

### Urban Indian Health Institute COVID-19 resources for American Indians and Alaska Natives

[uihi.org/resources/covid-19-fact-sheets-for-providers-employers-and-the-general-public/](http://uihi.org/resources/covid-19-fact-sheets-for-providers-employers-and-the-general-public/)

### Centers for Disease Control (CDC) COVID-19 webpage

[cdc.gov/coronavirus/2019-ncov](https://cdc.gov/coronavirus/2019-ncov)

### CDC information on keeping schools, workplaces & communities safe

[cdc.gov/coronavirus/2019ncov/community](https://cdc.gov/coronavirus/2019ncov/community)

### References

1 Community and Community Organization Resources and Recommendations. Retrieved March, 18 2020 from [www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020/CommunitiesandCommunityOrganizations](http://www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020/CommunitiesandCommunityOrganizations)