

Shelter in place tips

- Keep to a normal schedule with-in your home, mealtimes, chores, bedtime, etc.
- Practice good hygiene
- Monitor your temperature and cough
- If a family member becomes sick, follow recommend medical advice. If it isn't serious you may want to consider calling, ask a nurse - instead of going to the doctor. If it is serious call your doctor or call 911.
- Eat nutritious meals
- Enjoy comfort food, but don't overindulge
- Learn to bake, teach someone to bake
- Take turns cooking creative meals
- Manage your stress, take time to breathe
- Keep your family engaged with one another
- Look out for your neighbors, especially the elderly and those who live alone
- Encourage others by phone or other forms of social media, Facetime or Skype friends and family
- Take some quiet time, but don't become a recluse
- Talk about the current situation with your kids who are old enough to understand
- Stay in control of things you can and let go of things that you can't
- Start a journal and encourage your children to do the same
- Make sure your children are doing assigned homework and online classes
- When you get frustrated reach-out to a friend and share your feelings (this is very difficult for men)
- Read a book, play board games, change your online passwords
- Create an exercise program
- Get sunlight daily if possible
- Listen to music and explore new genres
- Learn to paint
- Take advantage of all of the online courses to learn new things
- Do your spring cleaning. Get those honey do's done (be sure when using cleaning chemicals to allow for a proper air flow)
- Home repair projects
- Groom your dog, teach him/her new tricks
- If you are a person or family of faith, take the time to grow closer to the Lord, pray together, do a daily devotion, rotate leading devotions with your family, go to online church, stay connected to your congregation, be the church don't live in fear but live safely
- Pray for one another, our communities, local, state and federal officials and those who need to continue to serve, especially in the medical field
- Life is short, take the time to mend broken relationships
- Don't forget to laugh

Things to Avoid

- Avoid watching all the doom and gloom news 24/7 (consider watching the morning and evening news to stay up to date)
- Avoid being a couch potato
- **Additional** use of alcohol, smoking, overeating and other self-destructive patterns
- Don't let small things get to you, when they do, talk them through instead of reacting out of emotion
- Extended amount of time alone
- Grandparents who are at risk avoid grandchildren
- Try not to lash-out on social media as we are all fragile