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Dave Koch, Director

## **For educators/youth advocates to talk/share with students/families**

We know you are tasked with the impossible right now, trying to stay connected to students and keep them engaged in learning, while also helping them access necessary community resources.

Your relationships with youth and families means you can also play a vital role in relaying critical public health information during this COVID-19 pandemic. We are concerned many do not understand the importance of staying home and social/physical distancing. You are a respected messenger in our community so we ask you to please discuss and share these main points with your youth and families. It will mean more coming from you!

### **If you are well/don't feel sick**

Stay Home. NO Visitors. Stop the spread. We are all in this together.

#### **Do:**

- Do get outside, but stay six feet from others.
- Do get groceries and medicine. Use free pick-up/drive-up services.
- Do stay 6 feet away from others in public.
- Do talk to family and friends through technology.
- Do drop food or medicine at the door for neighbors.

#### **Don't:**

- Don't let anyone inside your home or go to other homes.
- Don't take everyone with to get groceries or medicine.
- Don't let your children play with 1 or 3 or 10 (ANY) other children inside or outdoors.
- Don't go to stores for anything other than groceries and medicine.
- Don't touch your face (eyes, nose, mouth).

This virus will spread even more and for longer if we don't follow these rules/do our part. Think of older and more vulnerable people – your grandparents, your coworkers, your neighbors. We are all in this together.

### **If you are sick**

People with COVID-19 have mild to severe symptoms. Symptoms can include fever, cough, and shortness of breath. Other reported symptoms include tiredness, aches,

## *A community where all can achieve optimal health*

runny nose, sore throat, loss of smell or taste, and stomach/digestion problems like nausea, diarrhea or indigestion.

Emergency warning signs can include trouble breathing, persistent pain or pressure in the chest, new confusion or inability to wake up, and bluish lips or face.

Stay home. Most with COVID-19 have mild illness and are able to rest at home without medical care. If sick, do not leave your home, except to get medical care. Do not visit public areas.

Separate yourself from others in your home. Stay in a specific “sick room,” if possible, away from others. Use a separate bathroom, if available. Cover your coughs and sneezes with a tissue or your elbow. Throw used tissues in a lined trashcan. Wash hands immediately with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol. Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with someone who is sick in your home. Clean frequently touched surfaces – electronics, door handles, light switches, countertops, etc.

Sick Iowans must stay home and away from others in their house until they have been fever-free for 72 hours (3 days) without the use of medication, and it has been 7 days since the symptoms first appeared.

If you think you may need healthcare, call your regular provider first. Your provider can decide whether you need to be seen in the office or if you can recover at home. There may be options for you to talk to a medical provider from home using technology.

Please use these links for your own information and to share with families.







<https://www.johnson-county.com/coronavirus>

<https://idph.iowa.gov/emerging-health-issues/novel-coronavirus>

<https://www.cdc.gov/coronavirus>

For your review and to share. (Also attached.)

# COVID19 TALKING WITH CHILDREN



**MAKE YOURSELF AVAILABLE TO LISTEN & TALK**  
Be sure children know they can come to you if they have questions.


**BE HONEST & ACCURATE**  
Give information that is truthful and age-appropriate.

**BE REASSURING**  
Remember that children will react to what you say and how you say it.

**PAY ATTENTION TO SCREEN TIME**  
Pay attention to what children are watching on television and online. Too much information on one topic can lead to anxiety.

**TEACH KIDS ABOUT GERMS**  
Get children into a handwashing habit. Remind them to cough and sneeze into a tissue or their elbow.

# COVID19 AND YOUR MENTAL HEALTH



**STAY CONNECTED WITH FAMILY & FRIENDS**  
Talk to family and friends on the phone or through a video chat app. Reach out to your support system and check on one another.

**TAKE CARE OF YOUR BODY**  
Try to eat healthy, well-balanced meals and get quality sleep.

**DO WHAT YOU LOVE**  
Make time to unwind. Try to do activities you usually enjoy.

**AVOID TOO MUCH EXPOSURE TO NEWS**  
Take breaks from the news.

**SEEK HELP WHEN NEEDED**  
For mental health resources:  
[www.builtbycommunity.org/resources](http://www.builtbycommunity.org/resources)