

Parents and Staff: Keep Yourself Healthy and Prepared During COVID-19

- **Know what to do if you are sick** or concerned about COVID-19.
- **Know where and how to get treatment** and other support services and resources, **including counseling or therapy** (in person or through telehealth services). **For more information on telehealth or to make an appointment, call: 985.493.4304.**
- Take care of your emotional health. Taking care of your emotional health will help you think more clearly and react to the urgent needs to protect yourself and your family.
- Take breaks from watching, reading or listening to news stories about the pandemic including on social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body.
- Try to eat healthy, well-balanced meals
 - Exercise regularly
 - Take time to stretch, meditate, breathe deeply
 - Get plenty of sleep
 - **Avoid excessive alcohol and drug use**
- Make time to unwind. Try to do activities you enjoy.
- Connect with others. Talk with people you know and trust about your concerns and how you are feeling.
- Connect with your community or faith-based organization. While social distancing measures are in place, consider connecting online through social media or by phone or email.



**Take care
of yourself
so you can
take care
of others.**

Plan and Prepare

If an outbreak of COVID-19 occurs in your community, your child's school may dismiss students to prevent further spread of the virus, therefore it is important to plan and prepare AHEAD of time.

- Talk with your employer about sick leave and telework options in case you need to stay home with your child.
- Consider a plan with a spouse or family member to alternate childcare arrangements.
- Talk with your child's school about options for distance learning.
- Know where to get the latest information about school closings (school's social media channels, email, news media).
- Make sure your child's school has up-to-date contact info for you (email, work phone, cell phone).

For More Information: www.cdc.gov



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