
PERC UPDATE: COVID-19

How to Protect Yourself & Your Family

Know How it Spreads



- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Take steps to protect yourself



Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.



Avoid close contact

- **Avoid close contact** with people who are sick
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for [people who are at higher risk of getting very sick](#).

Take steps to protect others



Stay home if you're sick

- **Stay home** if you are sick, except to get medical care. Learn [what to do if you are sick](#).



Cover coughs and sneezes

- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



Wear a facemask if you are sick

- **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. [Learn what to do if you are sick](#).
- **If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.



Clean and disinfect

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

Upcoming Virtual Family Education Group: COVID-19 Support

Facilitated by: *Lyndsay Schmidt & Elisa Payne*

Date: *April, 13th 2020*

Time: *5:00-6:30pm*

What to Do If You Are Sick



Stay home except to get medical care

- **Stay home:** Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other [emergency warning signs](#), or if you think it is an [emergency](#).
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.



Separate yourself from other people in your home, this is known as home isolation

- **Stay away from others:** As much as possible, you stay away from others. You should stay in a specific “sick room” if possible, and away from other people in your home. Use a separate bathroom, if available.
 - See [COVID-19 and Animals](#) if you have questions about pets.

If someone in your home is sick



Call ahead before visiting your doctor

- **Call ahead:** Many medical visits for routine care are being postponed or done by phone or telemedicine.
- If you have a medical appointment that cannot be postponed, call your doctor’s office, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.



If you are sick wear a facemask in the following situations, if available.

- **If you are sick:** You should wear a facemask, if available, when you are around other people (including before you enter a healthcare provider’s office).
- **If you are caring for others:** If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then as their caregiver, you should wear a facemask when in the same room with them. Visitors, other than caregivers, are not recommended.

Note: During a public health emergency, facemasks may be reserved for healthcare workers. You may need to improvise a facemask using a scarf or bandana.



Cover your coughs and sneezes

- **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze.
- **Dispose:** Throw used tissues in a lined trash can.
- **Wash hands:** Immediately wash your hands 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.



Clean your hands often

- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Hand sanitizer:** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water:** Soap and water are the best option, especially if hands are visibly dirty.
- **Avoid touching:** Avoid touching your eyes, nose, and mouth with unwashed hands.

Handwashing tips



Avoid sharing personal household items

- **Do not share:** Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash thoroughly after use:** After using these items, wash them thoroughly with soap and water or put in the dishwasher.




Clean all "high-touch" surfaces everyday

Clean high-touch surfaces in your isolation area ("sick room" and bathroom) every day; let a caregiver clean and disinfect high-touch surfaces in other areas of the home.

- **Clean and disinfect:** Routinely clean high-touch surfaces in your "sick room" and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
 - If a caregiver or other person needs to clean and disinfect a sick person's bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.

High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**
- **Household cleaners and disinfectants:** Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
 - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
 - Most EPA-registered household disinfectants should be effective. A full list of disinfectants can be found [here](#) .



Monitor your symptoms

- Common symptoms of COVID-19 include fever and cough. Trouble breathing is a more serious symptom that means you should get medical attention.
- **If you are having trouble breathing, seek medical attention, but call first.**
 - Call your doctor or emergency room before going in and tell them your symptoms. They will tell you what to do.
- **Wear a facemask:** If available, put on a facemask before you enter the building. If you can't put on a facemask, cover your coughs and sneezes. Try to stay at least 6 feet away from other people. This will help protect the people in the office or waiting room.
- **Follow care instructions from your healthcare provider and local health department:** Your local health authorities may give instructions on checking your symptoms and reporting information.

Click [here](#) for more information on COVID-19 from the CDC

ACT Tip:FACE COVID

F = Focus on what's in your control

A = Acknowledge your thoughts & feelings

C = Come back into your body

E = Engage in what you're doing

C = Committed action


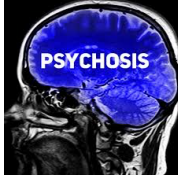

O = Opening up

V = Values

I = Identify resources

D = Disinfect & distance

Also Included In This Issue

 <p>TIPS FOR SUPPORTING LOVED ONES DURING COVID-19</p>	 <p>TIPS FOR MANAGING ANXIETY</p>	 <p>TIPS FOR RESPONDING TO STRESS-INDUCED PSYCHOTIC SYMPTOMS</p>	 <p>TIPS FOR PRACTICING MINDFULNESS, IDEAS FOR ACTIVITIES</p>
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Tips for Supporting Your Loved Ones During COVID-19

A message to loved ones of those living with a serious mental health condition:

Anxiety about the current situation with COVID-19 is a normal human response. Much is still unknown, and the unknown is a scary place for many of us. However, for those living with anxiety or serious mental health conditions, the impact that COVID-19 has on them can be substantial. Increased stress and anxiety are to be expected. How we – as mental health providers, family members, and friends – respond can make a significant difference in your loved one’s mental health and wellness during this time.

TURN DOWN THE NOISE

Psychosis is an experience in which information and stimuli in the environment can become overwhelming to an individual. The individual likely has difficulty discerning what information is deserving of attention, and in return everything feels important. This creates a great deal of “noise” and chaos in your loved one’s brain, making it difficult to make sense of incoming information and how to respond appropriately. With constant information and discussions about COVID-19 surrounding us, it makes an already overwhelming amount of information even more overstimulating to your loved one. Consider turning down the noise surrounding COVID-19 in the home. It is important to stay informed while being mindful of the impact that the healthcare climate can have on a loved one living with a psychotic condition. Be aware of what your loved one is being exposed to in their environment. For example, is having the news on triggering your loved one? What is an alternative way you can stay up to date to limit exposure to stress-inducing content? Engage the person in other regular activities that will pull them away from media and conversations filled with COVID-19 content. Go for a walk. Watch their favorite movie. Listen to a music streaming station

that does not have commercials. Prepare a meal together. Find calming ways to engage in meaningful activities and conversations wherever possible.

RESPONDING TO BIZARRE THOUGHTS

When you are faced with questions or thoughts from your loved one that seem to be confusing or strange, or if it appears that your loved one is having a disproportionate reaction to the current situation, do not argue against these beliefs or ideas. At the same time, we do not want to agree with or reinforce them. Try addressing the feeling underlying the odd content. For example, if your loved one appears fearful that this virus is a government conspiracy to end the world, try responding with “I see you’re feeling very afraid right now. Tell me what I can do to make you feel safer. Let’s come up with a plan together.” We will not be able to convince your loved one out of a belief; however, we can support them during a time of distress. Also to note, we must be mindful that the current state of things with COVID-19 may be reinforcing or “feeding into” pre-existing beliefs and concerns your loved one is already experiencing. Again, we want to be sure to acknowledge and empathize with the feeling underneath the thought, rather than focusing on the content of your loved one’s belief.

TAKE CARE OF YOURSELF, TOO

While looking out for the safety of your loved one, it is imperative that you are caring for your own health and safety needs. We understand that your loved one living with a serious mental health condition is likely to be under a great deal of stress at this time. However, it is important that we are aware of all the additional stressors each of us are facing – from limitations on work which can lead to financial strain, to difficulties with childcare for children who are not in school, to your own inability to engage in regular activities that help you de-stress (such as going to the gym). During this time, be sure to consider your own stressors and ways in which you can adapt to current circumstances. Also remember that support is here for you, too, during these difficult times.

BEING PROACTIVE

It is important that we are aware of the impact increased stress and anxiety can have on an individual living with schizophrenia or other psychotic disorder. Be proactive by being prepared with a plan should your loved one need additional assistance during this time. Please contact your loved one’s local mental health agency as soon as possible (or visit their website) to learn about the current status of mental health appointments, as well as what to do should a psychiatric emergency occur during this time. Find out what the agency, hospital, jail, or prison recommends for receiving ongoing updates about appointments, visitation, transportation, and their current operating policies, procedures and status – including the local emergency department’s recommended response to psychiatric emergencies. Be sure you know who to call for information and emergencies. If you are unsure, ask your local mental health board or the provider agency. Contact your local mental health agency, mental health board, or National Alliance on Mental Illness chapter for additional guidance. Phone numbers to gather now (do not wait for an emergency) include: the crisis line, the mental health agency’s crisis team (if applicable) or mobile crisis, and the local emergency department. (See also “Helpful Contacts” below.) When calling 911, be sure to request that an officer with specialized

training in mental health (known as Crisis Intervention Team/CIT trained officers) be dispatched to the emergency. Be prepared when making a crisis call. Information to have prepared might include the following (where applicable): your loved one's diagnosis, medications, substance use, current distressing situation, history of suicide attempts, history of psychosis, history of violence or aggression, what triggers your loved one, current threats, access to a weapon, and what (if anything) has worked for your loved one in the past.

We also understand that this is a time of increased stress for you as family members and friends of an individual living with a mental health condition. Existing concerns seem to be at a heightened level as you worry about your how loved one will fare during COVID-19. Consider who might be able to assist you in supporting your loved one during this time of increased stress. Who might you be able to call for additional support should a crisis occur? In addition, it may be that you are temporarily unable to visit inpatient settings or your loved one's residence to see that your loved one is safe. Be sure to speak with the hospital, group home, jail, or prison to get their recommendations and preferences on how to receive updates about your loved one, as well as their current policies for visitation and communication. If you support and care for an individual not living in your home, physical distancing might inhibit your ability to engage in regular interactions with them. It is important to plan ahead for other ways to communicate, engage, and check in. Consider how you will assess if your loved one needs additional assistance and options regarding your loved one's medication management (if applicable).

To note, it may be important to remind or educate your loved one about the importance of physical distancing as it relates to other chronic health conditions – either your health condition or theirs. This is especially true for those who are higher risk of contracting COVID-19 based on their age or medical comorbidity.

BE PREPARED, BUT AVOID PANIC

Remember, it is as important now as ever to be prepared, but do not panic. Your loved one's mental healthcare team is here to support and assist.



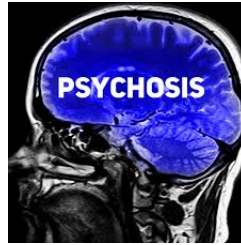
Tips for Managing Anxiety

The spread of COVID-19 (A.K.A. Coronavirus) is a serious public health issue, which may lead to increased fear, anxiety, and worries about the safety and welfare of ourselves and our loved ones. Although many aspects of this public health issue is beyond our control, it is important to recognize that there are a number of factors that we can control. Here is a brief list of coping strategies to explore to manage our anxiety during this stressful time:

1. **Prioritize Self-Care:** It can be challenging to prioritize one's own health and safety during a crisis or emergency. However, failing to do so is not only a risk for you, but it also puts those who depend on you at greater risk if you are not safe and healthy. Consider the wisdom of airline safety procedures: *"In the event of a loss of cabin air pressure, oxygen masks will drop from above. Please put on your own oxygen mask before helping others."* If we do not prioritize our own health and safety, we cannot effectively care for others. Prioritizing your own physical health begins by adhering to the recommended hygiene practices that can keep you and your family safe, while also helping to reduce the spread of the virus. It is equally important to your physical and mental health that you continue to eat healthy meals, regularly engage in physical activity and/or exercise, and maintain proper sleep hygiene.
2. **Be aware of anxiety-driven behaviors:** When people feel anxiety, they are tempted to avoid anxiety triggers, regardless of whether the trigger is a real threat or not. In the short-run, avoidance tends to reduce anxiety, but in the long-run, avoidance tends to exacerbate anxiety. For instance, a person who avoids taking a walk outside during the coronavirus outbreak will likely feel some short-term relief when deciding to stay at home instead. However, avoidance of leaving the house will likely trigger more anxiety in the long-run, because the individual cannot gather information about the relative safety of taking a walk. In summary, avoidance "works" in the short-run, but exacerbates anxiety in the long-run. The more aware you are of subtle and obvious avoidance behaviors, the easier it becomes to engage in *value-driven behaviors* as opposed to *emotion-driven behaviors*.
3. **Reduce anxiety-driven behaviors:** Once you become aware of your urges to avoid even relatively safe activities, then you become able to choose whether to push yourself to engage in more normal activities, which will help to reduce your anxiety over time. Of course, it is essential

to follow *Centers for Disease Control and Prevention* (CDC) and UPHS guidelines to reduce sources of objective danger during the outbreak. Other than following these recommendations, you should continue to engage in your routine activities to better manage your anxiety in the long-run.

4. **Building tolerance for uncertainty:** Intolerance of the unknown often triggers anxiety. In the midst of a public health crisis, there are many unknowns and the landscape of the outbreak changes on a daily basis. Mindfulness practices are known to promote tolerance for uncertainty. Whereas anxiety is often a future-focused emotion (e.g., “What’s going to happen tomorrow with the outbreak?”), mindfulness promotes present-moment awareness. Whereas the goal of mindfulness is not necessarily to reduce anxiety, anxiety reduction often occurs as a consequence of staying in the present moment as opposed to dwelling on the past or worrying about the future.
5. **Catch your thinking patterns:** Anxiety is often accompanied by worry-related thoughts. Individuals mistakenly believe that they are engaged in “problem-solving” when they are actually just worrying. For instance, one might ascribe to the belief that *“If I anticipate all possible outcomes, I’ll be able to handle whatever comes my way.”* Spending excessive time worrying actually reduces problem-solving abilities. When you catch yourself in a worry spiral, notice that your mind has gone to a place of emotional reactivity, and gently (and non-judgmentally) redirect your attention back to the present moment. Two other common anxiety-driven thoughts are *catastrophizing* and *overestimating the likelihood of a negative outcome*. In other words, anxiety causes you to think that a terrible outcome is more likely than the evidence suggests, and that when the bad outcome happens, you may not be able to cope. To better manage your anxiety, it can be helpful to observe these thought patterns, and to practice challenging them based on objective evidence. For instance, *“What is the likelihood that X will happen based on the available objective information?”* *“If X occurs, how can I cope with that effectively?”*



Tips for Responding to Stress-Induced Psychotic Symptoms

During a time of wide-reaching stress, it would not be unexpected or uncommon for new psychotic symptoms to occur or for current psychotic symptoms to worsen in relation to concerns about COVID-19 and the broader social actions, such as recommendations for “social distancing,” work-from-home and business closures, and media coverage, such as coverage of empty grocery shelves, that is likely to induce fear.

First and foremost, one of the best things you can do for your loved one is to help them recognize their strengths and how well they are coping.

Provide appropriate affirmations and help them see their successes and integrate those experiences into how they view themselves. We are resilient!

Some things to be on the look-out for during this time of heightened stress for those affected by psychosis:

Increases in paranoia: This may include government conspiracies and/or end of the world themes.

Aspects of media coverage may enter into existing psychotic symptoms: These could include religious themes, voice content that reflects concerns and/or government surveillance.

Concerns about infection: These can sometimes include an increase in skin-related conditions, such as hives.

Certain unhelpful coping strategies are common for those who experience psychosis, and these may increase during times of stress:

Worry or rumination: This may include expecting the worst (*catastrophizing*) and over-involvement with content (such as *excessive attention to news coverage*)

Suppression or avoidance: This may include trying hard to not think about risks & concerns and/or ignoring recommendations.

Increased Substance Use: This may include smoking/vaping, which brings additional concerns because respiratory symptoms are one of the complications of this virus, and alcohol, a depressant that can compound other symptoms.

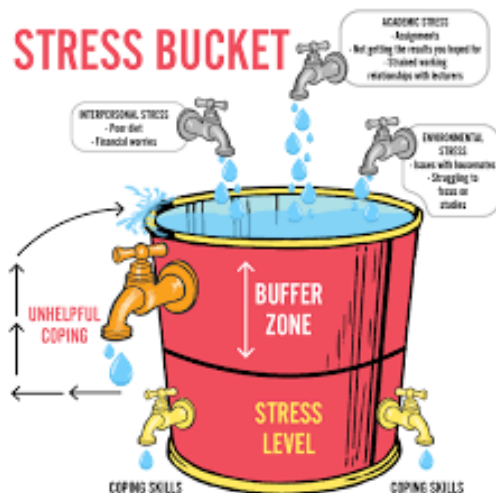
“One of the best things you can do for your loved one is to help them recognize their strengths and how well they are coping”



Through the Lens of a Therapist CBT Tips for Family Members:

- Engage your loved one in discussions about their passions, interests, and activities.
- Listen to their concerns (e.g. paranoia/ infection) with **openness** and **non-judgment**.
- Try to connect with the feelings they are experiencing, and reflect back what you are hearing them say.
- Look for ways to normalize stress and encourage working together to address concerns and lower stress.
- It may be helpful to support your loved one in identifying sources of stress and possible strategies for reducing stress and coping.
 - Model healthy coping skills.
- Help direct your loved ones to reliable sources of information to become more educated on the current situation.
 - Support your loved ones in critically evaluating the reliability of information they see and hear.
- Help your loved ones cope with unnecessary worry/rumination:
 - If excessive social media use and worry are issues, start by helping them recognize that searching for information can be helpful, but in excess, may lead to more anxiety, rumination, and/or dwelling on the topic.
- Help your loved ones identify potential unhelpful thinking habits by practicing the 3C's method:
 - Catch it, Check it, Change it.
- Help your loved ones to **Set limits** and/or **Boundaries**:
 - Consider the practice of setting limits (scheduling specific and/or limited timeframes for stress-inducing activities) such as searching for information on the outbreak, watching & listening to news, or excessive social media use.
- Help your loved ones identify alternative & personally meaningful activities to pursue, particularly in place of time spent on stress-inducing activities.

- Clinical Activity — **The Stress Bucket** is one method commonly used for educating people about how stress affects illness and overall health.



- **Strengthen Emotion Regulation Skills:**

- Encourage loved ones to engage in practices that lead to reduced stress including: Breathing, mindfulness practices, guided imagery, favorite activities, and/or recalling positive memories.

- **Schedule activities:**

- For some, it may be helpful to put together a new daily routine, especially if their social outlets have been closed during this time. Encourage them to consider using an **Activity Schedule**.
- Help your loved ones identify and engage in meaningful home activities or be creative by developing new activities.

- **Help your loved ones to identify alternative means of being socially connected without being physically connected with others, such as online groups, or individuals they can call.**

- Ensure that basic supplies are available (food, water, etc.). This will likely include utilizing community resources and/or increasing involvement from family & friends whenever possible.
- Finally, you may help your loved ones by reinforcing the message of altruism associated with limiting physical contact. Remind them that making this sacrifice literally saves the lives of others who are more vulnerable, and that national health authorities are genuinely grateful for their adherence to these mandates related to physical distancing.

Tips for Practicing Mindfulness

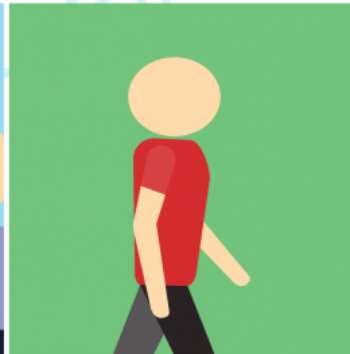
MINDFULNESS THROUGHOUT YOUR DAY



Be mindful while you're eating - Pay attention to what you're eating and all of the senses involved while eating a meal.



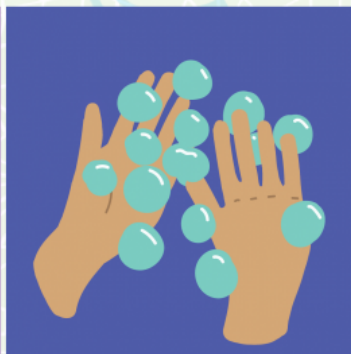
Stay present while you're waiting - When waiting for the bus, an appointment, or a friend, focus your attention on the present moment.



Notice your surroundings while walking - Try walking without distractions like your music or your phone. Try to notice something new on a familiar route.



Feel your feet on the ground - Focus your attention on the soles of your feet. Feel them against the ground and notice everything you can about them.



Pay attention while you're washing your hands - Focus on the temperature of the water, the feeling of the water and soap on your hands and the movements your hands make.



Notice something different when looking at familiar objects - Try using all of your senses to explore a familiar object in a different way.

TEN STEPS TO MINDFULNESS MEDITATION



Create time & space.

Choose a regular time each day for mindfulness meditation practice, ideally a quiet place free from distraction



Set a timer.

Start with just 5 minutes and ease your way up to 15-40 minutes.



Find a comfortable sitting position.

Sit cross-legged on the floor, on the grass, or in a chair your feet flat on the ground.



Check your posture.

Sit up straight, hands in a comfortable position. Keep neck long, chin tilted slightly downward, tongue resting on roof of mouth. Relax shoulders. Close eyes or gaze downward 5-10 feet in front of you.



Take deep breaths.

Deep breathing helps settle the body and establish your presence in the space



Direct attention to your breath.

Focus on a part of the body where the breath feels prominent: nostrils; back of throat; or diaphragm. Try not to switch focus.



Maintain attention to your breath.

As you inhale and exhale, focus on the breath. If attention wanders, return to the breath. Let go of thoughts, feelings or distractions.



Repeat steps 6-7.

For the duration of meditation session. The mind will wander. Simply acknowledge this and return to your breath.



Be kind to yourself.

Don't be upset if focus occasionally drifts or if you fall asleep. If very tired, meditate with eyes open and rearrange posture to more erect (but still relaxed) position.



Prepare for a soft landing.

When the timer goes off, keep eyes closed until you're ready to open them. Be thankful. Acknowledge your practice with gratitude.

Ideas for Stay at Home Activities

Listed below is a compilation of ideas, resources, and websites catering to different styles and needs. Each one offers different ways to manage and/or enjoy your days at home. Interests vary from person to person, so find your things you're interested in, or explore new possibilities. Some of these suggestions may seem redundant, but within each, there are things that others don't have. Explore and enjoy. Make the best of the time you have.

Webcam (virtual visit) at the GA Zoo:

<https://www.georgiaaquarium.org/webcam/ocean-voyager/>

Free daily virtual classes (cooking, dancing, drawing, etc.):

<https://www.charlotteonthecheap.com/>

<https://www.itsalwaysautumn.com/best-indoor-kid-crafts-activities.html>

Deseret News' Survival Guide: A Comprehensive list of suggestions and ways to manage your time if quarantined:

<https://www.deseret.com/entertainment/2020/3/16/21181147/coronavirus-covid19-quarantine-parents-kids-children-activities-learn-school>

Games, activities or craft broken down by age group:

<https://www.whatdowedoallday.com/indoor-activities-for-kids/>

List of learning resources and apps for kids home from school:

<https://www.kiro7.com/news/trending/coronavirus-learning-resources-kids-home-school/5TSTZSDKWNGV3HR4KF5YMVXQ34/>

NY Times-Practical suggestions for managing having everyone home for an extended period of time:

<https://www.nytimes.com/2020/03/17/parenting/coronavirus-schools-lessons.html>

CNN Style - Their compilation of museum, concerts and ideas of what to do from home:

<https://www.google.com/amp/s/www.cnn.com/style/amp/what-to-do-at-home-streaming-art-museums-concerts-coronavirus-trnd/index.html>

Travel and Leisure-Virtual tours of national parks and trip ideas:

<https://www.google.com/amp/s/www.travelandleisure.com/trip-ideas/national-parks/virtual-national-parks-tours%3Famp%3Dtrue>

USA Today 6 Virtual tours to try:

<https://www.google.com/amp/s/amp.usatoday.com/amp/5060244002>

Museum Exhibits, Symphonies, and Operas You Can Enjoy From Home:

<https://www.google.com/amp/s/www.cntraveler.com/story/all-the-museum-exhibits-symphonies-and-operas-you-can-enjoy-from-home/amp>

Hyperallergic 25,000 Virtual Museum Tours:

<https://hyperallergic.com/547919/2500-virtual-museum-tours-google-arts-culture/>

Cincinnati Zoo Home Safari daily at 3pm EST – highlights one animal and provides an activity to do at home:

<http://cincinnati-zoo.org/home-safari-resources/>

Virtual Field Trips:

https://docs.google.com/document/d/1SvIdgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/mobilebasic?fbclid=IwAR2KXpP48gGwR66fSSzveNE_SItj2m3gfX2enc6l5HppMRtmBuMdCQLiCoE

Scholastic Free daily courses for kids PreK-Grades 6+:

https://www.wfla.com/community/health/coronavirus/scholastic-releases-daily-learning-courses-for-kids-home-from-school-amid-coronavirus/?fbclid=IwAR3YYVHi_4qx6pUG_bPpXUmzGJH_RwM2bRz7ixHP3MP27ieODNoCo_QbGHg

List of Education companies offering free programming:

https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/?fbclid=IwAR1GZnatS3yStHf13yyWcIDGpuJXE8qHJd8pYAxgJL07KrP_5OpR-kHiokU

Online dance lessons:

<http://www.learntodance.com/online-dance-lessons/>

Opera Virtual shows:

<https://www.travelandleisure.com/culture-design/music/metropolitan-opera-offering-free-virtual-shows>

Ideas for specific activities:

<https://familyguide.com/boredom-busters-110-fun-at-home-activities-for-families-kids-2/>

Gardening, baking, treasure or scavenger hunts, learning a new language, puzzles, art – painting, photography, singing, drawing; dancing, etc. Here's some other ideas:

<https://familyguide.com/boredom-busters-110-fun-at-home-activities-for-families-kids-2/>

College courses – Free:

<https://www.makeuseof.com/tag/8-awesome-websites-free-college-courses-online/>

Learn a new language:

<https://www.inc.com/larry-kim/9-places-to-learn-a-new-language-online-for-free.html>

Ideas to keep our bodies moving:

<https://www.healthlinkbc.ca/health-topics/aa165656>

Nerdist – Free apps for exercise:

<https://nerdist.com/article/exercise-workout-apps-coronavirus-quarantine/>

“Frozen” Actor Josh Gad (voice of Olaf) will read books to kids each night via Twitter:

<https://t.co/ijZeFccTF3>

Additional Links & Resources

The World Health Organization website on Coronavirus:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

NAMI COVID-19 (Coronavirus) Information and Resources

<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf?lang=en-US>

Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

Social Distancing:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

Fears, Outbreaks, and Pandemics: Lessons Learned:

<https://www.psychiatrictimes.com/anxiety/fears-outbreaks-and-pandemics-lessons-learned>

Seven Science-Based Strategies to Cope with Coronavirus Anxiety

<https://theconversation.com/7-science-based-strategies-to-cope-with-coronavirus-anxiety-133207>

Self-Compassion Exercises:

https://drive.google.com/file/d/1__Q3UcT9Q8VuSbiRm7x7-xjaxy5xkrba/view?usp=sharing

Dropping Anchor Exercises:

<https://www.actmindfully.com.au/free-stuff/free-audio/>

Penn Psychiatry Mindfulness Exercises:

https://www.med.upenn.edu/psychiatry/mindfulness_exercises.html

Neila Rey In-Home Exercise Routines:

<https://darebee.com>