

Tips from Countryside Public Health



While staying informed of the latest situation on COVID-19 in your area is important, it is also important to take a break from the news & social media for awhile! Give yourself a time-out from it! Set a timer for an hour or two and commit to being active & taking a mental break!

Take a break!

Connect with other people!

Call your neighbor, a family member, or a friend. Ask if they need anything & how they are doing. Connecting with and helping others often helps us to feel better during a stressful time! And it is OK to ask for help if you need it!



Maintain as much "normal" as possible!

While a break from routine is good at times, maintaining your normal routine helps keep stress levels at bay. Try to eat as normally as possible, go to bed and wake up at regular times, and maintain activity levels. Writing down a daily schedule can help too, especially with kids!



Clean and Disinfect!

It is the perfect time to clean & disinfect frequently touched surfaces in your house. High touch surfaces include tables, doorknobs, light switches, countertops, phones, toilets, faucets, and more.



IT'S OKAY TO GO OUTSIDE!

While all the media is telling you to Stay Home, it is still OKAY to go outside to get fresh air & exercise, go for a walk or bike ride, play with your kids in the yard (keep 6 feet away from others).



COVID-19 INFORMATION

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