



# COVID-19 GUIDE BOOK

*Live COVID-19 safe.*

Guidance for persons with  
COVID-19 or their close contacts



COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS  
**OFFICE OF THE GOVERNOR**  
COMMONWEALTH HEALTHCARE CORPORATION  
GOVERNOR'S COVID-19 TASK FORCE



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# COVID-19 GUIDE BOOK



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Find the electronic version of this booklet and more CNMI-related COVID-19 information at [www.staysafecnmi.com](http://www.staysafecnmi.com).

### **Governor’s COVID-19 Task Force Infoline**

For general information and non-medical inquiries about the CNMI's COVID-19 response, call **(670) 488-0211** or email [info@staysafecnmi.com](mailto:info@staysafecnmi.com)  
*Available every day, 8:00 a.m. – 8:00 p.m.*

### **Mental Health Support Line**

For mental health support and coping skills, call **(670) 284-0844/0845 or (670) 284-0847**.  
*Available every day, 8:30 a.m. to 3:30 p.m.*

### **Disaster Distress Helpline (SAMSHA)**

1-800-985-5990, available 24/7

### **Get vaccinated, CNMI!**

Register at [www.vaccinatecnmi.com](http://www.vaccinatecnmi.com) or call **(670) 682-7468 (SHOT)**.

### **CHCC Contact Tracing**

For information about contact tracing, call **(670) 286-1710/1711, or 285-1942**.

**CHCC Facebook:** [www.facebook.com/cnmichcc](http://www.facebook.com/cnmichcc)

**CHCC website:** [www.chcc.gov.mp](http://www.chcc.gov.mp)

**Email:** [info@staysafecnmi.com](mailto:info@staysafecnmi.com)

**Governor’s Website:** [governor.gov.mp](http://governor.gov.mp)

# WHAT IS COVID-19?

COVID-19 is a disease that is caused by a new type of coronavirus called SARS-CoV-2.

It is very contagious and has since spread globally. COVID-19 most often causes respiratory symptoms that can feel much like a cold, a flu, or pneumonia, and may attack more than your respiratory system.

## What symptoms should I look out for?

People with COVID-19 have reported a wide range of symptoms, from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Common symptoms of COVID-19 are:

- **Fever or chills**
- **Cough**
- **Shortness of breath or difficulty breathing**
- **Fatigue**
- **Muscle or body aches**
- **Headache**
- **New loss of taste or smell**
- **Sore throat**
- **Congestion or runny nose**
- **Nausea or vomiting**
- **Diarrhea**

Early data suggests the **omicron variant** may trigger the following:

- **Lower back pain**
- **Scratchy throat**

## What should I do if I think I have symptoms?

Call the CHCC Tele-Triage at (670) 233-2067.

## How can I protect myself?

We recommend everyday preventive actions, including:

- **Wash your hands** often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.
- **Wear a mask and avoid close contact** with people who are sick, or if you are sick, distance yourself from other people.
- **Stay home when you are sick.**
- **Cover your cough or sneeze** with a tissue, then throw the tissue in the trash.
- **Clean and disinfect frequently touched objects and surfaces.**

# WHAT DO I DO IF I TEST POSITIVE FOR COVID-19?



**People who test positive for COVID-19 should isolate for 10 days.**

**Self-isolation** means taking steps, when you are sick, to prevent the spread of your illness by limiting your contact to others. Isolation is used to separate people infected with COVID-19 from those who are not infected.

For self-isolation, to calculate your 10 full day isolation period, day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms developed. If you test positive for COVID-19 and never develop symptoms, day 1 is the day of your positive viral test (based on the date you were tested). If you develop symptoms after testing positive, your 10-day isolation period must start over. Day 1 is your first day of symptoms.

If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to care for yourself and to help protect other people in your home and community.

- **Stay home.** Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen or ibuprofen, to help you feel better. Always follow the directions on the label.
- **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.



- As much as possible, **stay in a specific room and away from other people and pets in your home.** If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a mask.

- **Tell your close contacts that they may have been exposed to COVID-19.** An infected person can spread COVID-19 starting 48 hours (or 2 days) before the person has any symptoms or tests positive. By letting your close contacts know they may have been

exposed to COVID-19, you are helping to protect everyone.



- **Monitor your symptoms.** Symptoms include fever, cough, shortness of breath, new loss of taste or smell, muscle or body aches, congestion or runny nose, etc.

- **You should wear a mask over your nose and mouth** if you must be around other people or animals, including pets (even at home).

- **Clean your hands often.** 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. Use 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.
- **Avoid sharing personal household items.** Use disposable items if possible. Do not share plates, drinking glasses, cups, forks, spoons, towels, or bed sheets with other people in your home. Wash these items thoroughly after using them with soap and water or put in the dishwasher.
- **Clean all “high-touch” surfaces every day.** Clean and disinfect high-touch surfaces in your “sick room” and bathroom; wear disposable gloves. Let someone else clean and disinfect surfaces in common areas, but you should clean your bedroom and bathroom, if possible.
  - 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 disposable gloves prior to cleaning. They should wait as long as possible after the person who is sick has used the bathroom before coming in to clean and use the bathroom.

## HOW LONG SHOULD I ISOLATE?

For self-isolation, to calculate your 10 full day isolation period, day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms developed.

If you test positive for COVID-19 and never develop symptoms, day 0 is the day of your positive viral test (based on the date you were

tested) and day 1 is the first full day after your positive test. If you develop symptoms after testing positive, your 10-day isolation period must start over. Day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms developed.

If any symptoms occur, separate from others right away and get tested. After ending quarantine, it is still important to help slow the spread.

For government isolation, the CHCC medical staff will determine when you can safely stop government isolation based on your symptoms and results of laboratory testing. Continue to watch for symptoms through day 14 after exposure, even if the quarantine was less than 14 days.

If you completed quarantine and have not already been vaccinated for COVID-19, please consult with your doctor before doing so.

Obtain a **completion of self-isolation** from the Communicable Disease Investigation/Inspection team at [travelers.health@chcc.health](mailto:travelers.health@chcc.health) or (670) 286-1710/1711, or 285-1942.

## WHAT DO I DO IF I AM A CLOSE CONTACT OF SOMEONE WHO TESTS POSITIVE FOR COVID-19?



**Close contacts should quarantine.** If you have been in close contact (within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19, limit or restrict your movement to essential tasks.

**Self-quarantine** separates and restricts the movement of people who were exposed, or were potentially exposed, to a contagious disease to see if they become sick.

**People who are fully vaccinated do NOT need to quarantine after contact with someone who had COVID-19, unless they are experiencing symptoms.**

However, **fully vaccinated people should get tested 5-7 days after their exposure**, even if they do not experience symptoms; and **should wear a mask indoors or in public** for 14 days following their exposure or until their test result is negative. Other examples of close contact include:

- People who live in the same household as someone with COVID-19.
- People who have direct physical contact (e.g., kissing, hugging, other types of physical contact) with a person who has COVID-19.
- People who had unprotected direct contact with infectious secretions (e.g., being coughed on or sneezed on).
- People who had face-to-face contact 15 minutes or more, within 6 feet of a person with COVID-19; or have been in a closed environment for 15 minutes or more with a person with COVID-19.
- People who are traveling companions of a person with COVID-19. Quarantining after travel is also recommended.

## WHO DOES NOT NEED TO SELF-QUARANTINE?

**If someone who is fully vaccinated is exposed**, they do not need to quarantine if the COVID-19 exposure was at least 14 days after their vaccination series was fully completed **AND** they do not currently experience any symptoms of COVID-19. However, fully vaccinated close contacts should:

- **Wear a mask indoors** in public for 14 days following exposure or until a negative test result.
- **Get tested** 5-7 days after close contact with someone with suspected or confirmed COVID-19.
  - Get tested and isolate immediately if experiencing COVID-19 symptoms.

If someone has recovered from COVID-19 within the past three months and is exposed again, they do not need to quarantine if ALL the following are true:

- Their illness was confirmed by a positive test in the past three months.
- They have fully recovered.
- They do not currently have any symptoms of COVID-19.

# HOW LONG SHOULD I QUARANTINE?

The U.S. Centers for Disease Control and Prevention's (CDC) recommends to quarantine for 14 days after exposure. Monitor your health for symptoms of COVID-19 during quarantine.

A 10-day quarantine period should be considered only if ALL of the following are true:

- The person has NOT had symptoms of COVID-19 during the quarantine period.
- The person does NOT live with someone who has COVID-19.
- The person does NOT live or work in a high-risk setting, including a long-term care or assisted living facility, correctional facility, shelter, or other congregate living facility.
- The person does NOT work in a health care facility.
- The person had a defined exposure, meaning a known exposure with a beginning and an end. Examples could include someone who was exposed:
  - At school or a sporting activity.
  - During a shift at work or while on break.
  - At a social gathering or event like a party, or funeral.

**People who are asymptomatic can use a negative test result** collected on day five (5) after exposure to exit quarantine on day seven (7), with additional self-monitoring. The day of exposure is considered day zero (0).

# WHEN DO I SEEK MEDICAL ATTENTION?

Look for emergency warning signs\* for COVID-19. **If someone is showing any of these signs, call 911 immediately:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

**\*This list is not all possible symptoms.** Please call your medical provider for any other symptoms that are severe or concerning to you.

If possible, notify the operator that you are seeking care for someone who has or may have COVID-19.

## TIPS FOR A SAFER QUARANTINE/ISOLATION

- **Stay home** except to get medical care.
- **Get rest and stay hydrated.** Take care of yourself. Take over-the-counter medicines, such as acetaminophen or ibuprofen, to help you feel better. Always follow the directions on the label.
- If you have a medical appointment, **call the health care provider ahead of time and tell them that you have or may have COVID-19.**
- For medical emergencies, **call 911 and notify the dispatch personnel that you have or may have COVID-19.**
- **Cover your coughs and sneezes** with a tissue or use the inside of your elbow.
- **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
- If possible, **stay in a specific room and away from other people** in your home. If possible, **use a separate bathroom.** If you need to be around other people in or outside of the home, **wear a mask.**
- **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.
- **Clean all surfaces that are touched often,** like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.
- **Enjoy the natural environment.** If you feel well enough, you can go outside to rest, walk or garden on your own. Rest and enjoy the natural environment. You should still avoid contact with other people outside, so if you aren't able to go outside without coming into contact with someone else, avoid this as well.
- **Stay connected with people.** Life during the threat of COVID-19 can lead to feelings of and anxiety. When practicing

self-quarantine/self-isolation, try to stay connected with friends and family using phone calls and social media applications. Take the time to rest and connect with people you care about. Even if it isn't face to face, contact with loved ones can boost your mood and protect your physical and mental health.

- **Take care of your mental health.** While it is not easy to always stay positive, try to find the positive in a difficult situation. Remove negative thinking by identifying positive things in your life. Having gratitude is one way of thinking positive.
  - For mental health support and coping skills, please call **(670) 284-0844/0845 or (670) 284-0847**, available every day, 8:30 a.m. - 3:30 p.m.
- **Monitor your symptoms carefully** (*log sheet on back page*). If your symptoms get worse, call your healthcare provider immediately. If you are enrolled in the Sara Alert system, report your symptoms through the system as prompted.
  - Notable symptoms might include: feeling feverish (100.4°F/38°C or higher), coughing, or difficulty breathing.
  - Fill in the dates on the log, starting with Day 1 as the first day you began experiencing symptoms.

## VACCINATION AFTER QUARANTINE/ISOLATION

**Unvaccinated people** in the community or in outpatient settings who have had a known COVID-19 exposure **should not seek vaccination until their quarantine period has ended** to avoid potentially exposing health care personnel and others during the vaccination visit. This also avoids causing diagnostic confusion between possible adverse effects of vaccination and symptoms of a new COVID-19 diagnosis. This recommendation also applies to people with a known COVID-19 exposure before receipt of the primary series, an additional primary dose, or booster dose.

**People with known current SARS-CoV-2 infection** should defer vaccination at least until recovery from the acute illness (if symptoms were present) has been achieved and criteria to discontinue isolation have been met.

For **patients who received monoclonal antibodies as treatment for COVID-19 infection**, COVID-19 vaccination should be temporarily deferred as a precautionary measure during the time period specified below after receiving passive antibody products to avoid potential interference of the product with vaccine-induced immune responses:

- Passive antibody product used for COVID-19 treatment: defer COVID-19 vaccination for 90 days.

To register for COVID-19 vaccination, register online at **[www.vaccinatecnmi.com](http://www.vaccinatecnmi.com)** or by calling **(670) 682-7468**.

## SARA ALERT MONITORING SYSTEM

The Sara Alert system allows CNMI public health officials to enroll individuals who have developed or are at risk of developing a COVID-19 infection, so those individuals can report on any symptoms they're having daily.

This allows CNMI health officials to efficiently watch out for the virus in our community, and follow up directly with people reporting symptoms.



### **People automatically enrolled into Sara Alert include:**

- **All inbound passengers** (quarantined or released from the airport) will be enrolled into Sara Alert and will be monitored for 14 days.
- **Individuals who are identified as household or casual contacts** of a confirmed case will be enrolled into Sara Alert.
- **Confirmed cases** who meet all recovery criteria and are released from isolation will be enrolled into Sara Alert. When released, confirmed cases must complete 14 days on the Sara Alert system.

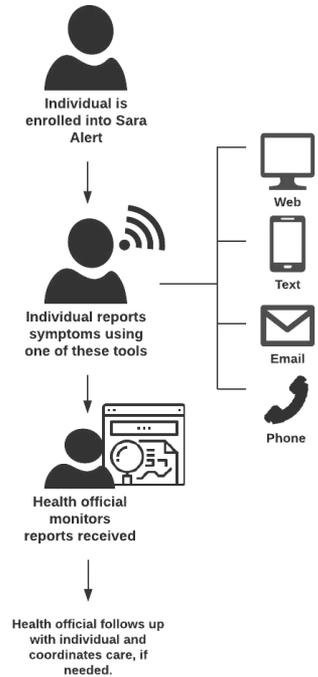
Please note that **we will NOT ask you** for your social security number, bank account number, etc. If you receive a call from someone claiming to represent the CHCC or CNMI government asking you for this kind of information, please report it to the COVID-19 Infoline at **(670) 488-0211**.

## What happens after I am enrolled in Sara Alert?

After enrollment, a Sara Alert representative will contact you on your preferred method of contact for the next 14 days. Please respond every day. If you are non-responsive or report any symptoms, a Sara Alert representative will reach out to you.

Sara Alert representatives will:

- **Introduce themselves.**
- **Verify that you are enrolled** in Sara Alert and ask for your preferred method of contact, email, and contact number.
- **Provide basic health advice** and **kindly ask** you to respond to Sara Alert questions on a daily basis.
- If you are symptomatic, the Sara Alert representative will **give you further instruction.**



## HOW TO CARE FOR SOMEONE WITH COVID-19

It is possible to safely care for someone with COVID-19 at home, but careful precautions must be taken.

### MAINTAIN SEPARATION AT HOME

- Place the sick person in a well-ventilated room of the house, if possible.
- Avoid visitors.
- If it is not possible to keep the person under investigation in a separate room, try to keep them at least 6 feet away from others.

### PROVIDE SUPPORT AND HELP COVER BASIC NEEDS

- Help the person who is sick follow their doctor's instructions for care and medicine, including over the counter and prescription medications. **Always follow the directions on the label.**
- Help them with grocery shopping, filling prescriptions, and getting other items they may need.



## WATCH YOUR WARNING SIGNS

- Look for emergency warning signs\* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:
  - Trouble breathing
  - Persistent pain or pressure in the chest
  - New confusion
  - Inability to wake or stay awake
  - Bluish lips or face
- \*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.
- Call 911: Notify the operator that you are seeking care for someone who has or may have COVID-19.

## EAT IN SEPARATE ROOMS OR AREAS

- Stay separated: The person who is sick should eat (or be fed) in their room, if possible.
- Wash dishes and utensils using gloves and hot water: Handle any dishes, cups/glasses, or silverware used by the person who is sick with gloves. Wash them with soap and hot water.
- Clean hands after taking off gloves or handling used items.

## AVOID SHARING PERSONAL ITEMS

- Do not share plates, cups/glasses, forks, spoons, towels, bedding, electronics (like a cell phone), or lime with the person who is sick.

## CLEAN YOUR HANDS OFTEN AND WEAR A FACE COVERING

- Wash hands: Wash your hands often with soap and water for at least 20 seconds. Tell everyone in the home to do the same, especially after being near the person who is sick.
- Hand sanitizer: 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.
- Hands off: Avoid touching your eyes, nose, and mouth with unwashed hands.



## CLEAN AND DISINFECT

- Clean and disinfect “high-touch” surfaces and items every day: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks, and electronics.
- Clean the area or item with soap and water if it is dirty. Then use a household disinfectant.



## TRACK YOUR OWN HEALTH

- Caregivers and close contacts should monitor their health for COVID-19 symptoms.
- Symptoms include fever, cough, and shortness of breath but other symptoms may be present as well. Trouble breathing is a more serious warning sign that you need medical attention.

# CLEANING TIPS

Cleaning with a household cleaner that contains soap or detergent reduces the amount of germs on surfaces and decreases risk of infection from surfaces. In most situations, cleaning alone removes most virus particles on surfaces. Disinfection to reduce transmission of COVID-19 at home is likely not needed unless someone in your home is sick or if someone who is positive for COVID-19 has been in your home within the last 24 hours.

- **Clean high-touch surfaces regularly or as needed** and after you have visitors in your home.
  - **Focus on high-touch surfaces**, such as doorknobs, tables, handles, light switches, and countertops.
- **Clean other surfaces** in your home when they are visibly dirty or as needed. Clean them more frequently if people in your household are more likely to get very sick from COVID-19. You might also choose to disinfect.
- **Clean surfaces using a product suitable for each surface**, following instructions on the product label.

**Take steps in your home to limit contamination of surfaces** from airborne particles or from touching surfaces with contaminated hands.

- **Ask visitors** who are not fully vaccinated to wear masks.
- **Isolate people who are sick with COVID-19.**
- **Have everyone in your household wash hands often**, especially when returning from outside activities.

## **When someone is sick, disinfect safely.**

Disinfect your home when someone is sick or if someone who is positive for COVID-19 has been in your home within the last 24 hours. Disinfecting kills any remaining germs on surfaces and reduces the spread of germs. Keep disinfectants out of the reach of children.

## **How to disinfect**

- **ALWAYS follow the directions on the label.**
- The label includes instructions on how to use the product and specific instructions to keep you safe. **Keep disinfectants out of the reach of children. Check the label** to find out what personal

protective equipment (PPE) you need to use your product safely (such as gloves, glasses, or goggles).

- **Clean visibly dirty surfaces** with household cleaners containing soap or detergent before disinfecting if your disinfectant product does not have a cleaning agent (check the label to verify).
- **Use a disinfectant product** from EPA List N that is effective against COVID-19.
  - **Read the label** to make sure it meets your needs.
- **Ensure adequate ventilation** while using any disinfectant by keeping doors and windows open and using fans to help improve air flow.
- **Immediately after disinfecting, wash your hands with soap and water for 20 seconds.** Be sure to wash your hands immediately after removing gloves.
  - If soap and water are not available and hands are not visibly dirty, use hand sanitizer that contains at least 60% alcohol. If hands are visibly dirty, always wash hands with soap and water for at least 20 seconds.



### Tips for using chemical disinfectants safely

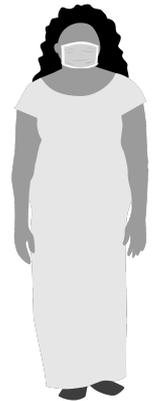
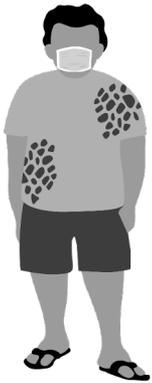
- **Always follow the directions on the label** of cleaning and disinfection products to ensure safe and effective use.
- **Use only the amount recommended** on the label.
- **If diluting with water is indicated for use, use water at room temperature** (unless stated otherwise on the label).
- **Label diluted cleaning or disinfectant solutions.**
- **Store and use chemicals out of the reach** of children and pets.
- **Do not mix products or chemicals.**
- **Do not eat, drink, breathe, or inject cleaning and disinfection products** into your body or apply directly to your skin as they can cause serious harm.
- **Do not wipe or bathe people or pets with any surface cleaning and disinfection products.**
- Special considerations should be made for people with asthma. Some cleaning and disinfection products can trigger asthma. Learn more about reducing your chance of an asthma attack while disinfecting to prevent COVID-19.

# SAFE SOCIAL DISTANCING

**Staying at least 6 feet away** from people outside your household reduces your chances of catching COVID-19 and spreading it to others. Practice this when you go to the store, bank, or other public places. If you do not need to go out, please stay home.

## Before you go out ASK yourself:

Is it safe for me? Can I reschedule for another time when it is not busy?



- Wear a face covering when possible
- Do not touch your face.
- Limit touching things.
- Be kind to others, everyone is nervous.
- Wash your hands and disinfect when you get home.

**Wearing a face covering in a community setting may protect those around you from becoming infected from you, even if you do not show symptoms.** Continue to take protective measures, such as regular hand washing and limit your time spent in public areas.

- Before putting on a face covering, **clean hands** with alcohol-based hand rub or soap and water for 20 seconds.
- **Avoid touching your mask** while using it. If you do, clean your hands with alcohol-based hand rub or soap and water for 20 seconds.
- **Be careful not to touch your eyes, nose, and mouth** when removing your face covering. If possible, remove it from behind (do not touch the front of mask). Clean your hands after removing your face covering with alcohol-based hand rub or soap and water for 20 seconds.

- **Homemade cloth face coverings should be washed regularly**, depending how often you use it. You can wash cloth face coverings in the washing machine.

## TIPS FOR SAFE SHOPPING

### **Prepare a shopping list in advance.**

Buy 1- to 2 weeks-worth of groceries at a time. Buying more than you need can create unnecessary demand and temporary shortages.

### **Wear a face covering while you are in the store.**

Some stores may require it.



### **Carry your own wipes.**

Use wipes to clean the handles of the shopping cart, basket, freezer handles, etc. If you use reusable shopping bags, ensure they are cleaned or washed before each use.



### **Practice social distancing.**

Keep at least 6 feet between you, other shoppers, and store employees. Keep your hands away from your face.



### **Wash your hands with soap and**

**water** for at least 20 seconds when you return home and again after you put away your groceries.



There is no evidence of food packaging being associated with the transmission of COVID-19.

However, if you wish, you can wipe down product packaging and allow it to air dry, as an extra precaution.

# TAKE CARE OF YOUR MENTAL HEALTH

**Stay calm.** Panic will make it difficult for you to make sound decisions.

**Strengthen your immune system.** Tackle the problem directly by eating healthy (more fruits and vegetables), staying hydrated, and sleeping well to build a strong immune system to fight off disease.

**Exercise and keep active for a healthy mind and body.** Exercise has been shown to increase “feel good” chemicals in the body called endorphins that can help reduce stress.

**Think positive.** While it is not easy to always stay positive, try to find the positive in a difficult situation. Remove negative thinking by identifying positive things in your life. Having gratitude is one way of thinking positive.

**Talk to your children.** Children need to feel secure in times of disaster.

- Allow them to talk about their feelings and let them know you understand.
- Bring comfort by letting them know you love them and you will do everything you can to keep them safe.
- Remind them that not all information is true, so fact-checking is important.
- Educate them about how to protect themselves from getting sick and find enjoyable families activities, such as playing games, working on a project together, watching a good movie, and story-telling.
- Finally, keep a routine and model self-care.

**Focus on what you can control.** Sometimes you just have to step back and realize you cannot control everything. Some things are out of your hands, however, you can control your response to the situation. Now is the time to follow the safety recommendations, practice patience, and have hope.

**Find your strength.** Use your faith to overcome and get through these fast-changing, difficult times of uncertainty. Finding strength in your faith through prayer, meditation, or reflection, is one way to stay calm and find inner peace.

**Avoid drugs, excessive alcohol, tobacco use, and overeating.** During times of stress, one may have the urge to deal with the situation by using drugs and/or alcohol, smoking, and/or overeating. Stressful events, such as COVID-19, and having a hard time coping increases the risk of turning to unhealthy behaviors. Managing your stress is key to avoiding unhealthy ways of coping.

**Connect with family and friends.** Social distancing does not mean social isolation. We can find support from others while staying home. Try calling, video chatting, or messaging friends and family. Reach out and stay connected.

## STRATEGIES TO REDUCE ANXIETY AND IMPROVE SLEEP

**The 4-7-8 breathing technique** involves **breathing in for 4 seconds, holding your breath for 7 seconds, and exhaling for 8 seconds.** This breathing pattern aims to reduce anxiety or help people get to sleep.

To use the 4-7-8 technique, focus on the following breathing pattern:

- **Empty your lungs of air.**
- **Breathe in quietly** through your nose for 4 seconds.
- **Hold your breath** for a count of 7 seconds.
- **Exhale forcefully** through your mouth, pursing your lips and making a “whoosh” sound, for 8 seconds. Imagine blowing out through a straw.
- **Repeat the cycle** up to 4 times.

**Establish a regular bedtime and stick to it.** Going to bed and getting up at roughly the same time, all the time, will program your body to sleep better and will reinforce your biological clock. This makes it easier to fall asleep quickly, and awake feeling fully rested and alert.

**Eliminate distractions in your room.** If there is a television or a computer in your bedroom, try to find another place for it. A bedroom should only be used as a place for rest and relaxation.

**Avoid eating a big meal and beverages with caffeine too close to bedtime.** A heavy meal close to bedtime can keep you awake at night. Consuming anything with caffeine less than six hours before bedtime can interfere with a good night’s sleep. Drink a hot, milky drink or herbal tea instead.

**Establish a relaxing bedtime routine.** Build in enough time to relax before bedtime. Too much activity close to bedtime can keep you awake. Try to relax before going to bed. You can take a warm bath, listen to some quiet music, or read a book. All these activities help relax both the mind and body. Try different routines. When you find out which one works best, stick to it. Avoid activities that increase your heart rate before going to bed.

**Create a restful sleeping environment.** The bedroom should be for rest and sleep, and it should be neither too hot, nor too cold, and as quiet and dark as possible.

# SYMPTOM MONITORING LOG

Day	Date	Symptoms (AM and PM)	AM Temp	PM Temp
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				