



# 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



**AS OF FEBRUARY 18, 2022**



# 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/livecovidsafe](http://www.staysafecnmi.com/livecovidsafe).

### **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) 284-0843** or **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**

Call CHCC contact tracers for a referral to get assessed for COVID-19 treatments at **(670) 286-1710/1711, 287-1652/1683, 285-1942**, or email [covidinfo@chcc.health](mailto:covidinfo@chcc.health).

**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 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**

**Call 911 if you are experiencing the following severe symptoms,** including but not limited to:

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

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

Individuals experiencing COVID-19 symptoms should stay home (except to get medical care or get tested for COVID-19); rest; stay hydrated; and can take over-the-counter medicines, such as acetaminophen or ibuprofen, to relieve symptoms. Other options include seeing their health care provider or calling the CHCC Tele-Triage hotline at **(670) 233-2067**.

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



**If you tested positive for COVID-19 or have symptoms, regardless of vaccination status,** stay home for at least 5 days and isolate from others in your home. Wear a well-fitted mask if you must be around others in your home.

**Self-isolation** means taking steps when you are sick to prevent the spread of your illness by limiting your contact to others.

If you are sick with 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.

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



- **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.



- **Stay at least 6 feet away from other people.** 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, wear a mask.

- **Tell your close contacts that they may have been exposed to COVID-19.** An infected person can spread COVID-19 before showing symptoms or testing 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.

- **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, 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?

You should isolate for 5 days. Day 0 is your first day of symptoms or a positive viral test. Day 1 is the first full day after your symptoms developed or your test specimen was collected.

If you have COVID-19 or have symptoms, isolate for at least 5 days.

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 during isolation, your 5-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.

Obtain a **completion of self-isolation** from the Koblerville COVID-19 Community Center, open every day 8 a.m. - 4 p.m. (closed 12 p.m. - 1 p.m.) or online at [www.staysafecnmi.com/self-reporting](http://www.staysafecnmi.com/self-reporting).

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



**Close contacts who are not fully vaccinated against COVID-19 should quarantine.** If you have been in close contact with someone who has COVID-19, limit or restrict your movement to essential tasks and wear a well-fitted mask as much as possible.

**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 at least 5 days after their exposure**, even if they do not experience symptoms; and **should wear a mask indoors or in public** for 10 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 you had close contact with someone with COVID-19 and you are in one of the following groups, you do not need to quarantine:**

- You are up to date with your COVID-19 vaccines.
- You had confirmed COVID-19 within the last 90 days (meaning you tested positive using a viral test).

You should wear a well-fitted mask around others for 10 days from the date of your last close contact with someone with COVID-19 (the date of last close contact is considered day 0).

Get tested at least 5 days after you last had close contact with someone with COVID-19. If you test positive or develop COVID-19 symptoms, isolate from other people and follow recommendations in the Isolation section below. If you tested positive for COVID-19 with a viral test within the previous 90 days and subsequently recovered and remain without COVID-19 symptoms, you do not need to quarantine or get tested after close contact. You should wear a well-fitted mask around others for 10 days from the date of your last close contact with someone with COVID-19 (the date of last close contact is considered day 0).

## HOW LONG SHOULD I QUARANTINE?

The U.S. Centers for Disease Control and Prevention (CDC) recommends to quarantine for 5 days after exposure. Monitor your health for symptoms of COVID-19 during quarantine. If any symptoms occur, separate from others right away and get tested for COVID-19.

If you were exposed to COVID-19 and are up-to-date on COVID-19 vaccinations, or you were exposed and had confirmed COVID-19 in the last 90 days (tested positive using a PCR or antigen test), you do not need to stay home unless you develop symptoms. Continue to watch for symptoms and wear a well-fitted mask for 10 days after you

last had close contact with someone with COVID-19. If you develop symptoms, isolate immediately and get tested. Continue to stay home until you know the results.

**Avoid being around individuals, considered high-risk, especially individuals who are considered high-risk, including history of diabetes, high blood pressure, heart disease, obesity, or cancer, or are over the age of 65.**

## **HOW DO I OBTAIN A QUARANTINE COMPLETION CERTIFICATE?**

If you need proof of quarantine/isolation, you can obtain a **quarantine completion certificate** online at **[www.staysafecnmi.com/self-reporting](http://www.staysafecnmi.com/self-reporting)**. Upload your test result documentation or a photo of your test result, along with a photo ID, and your completion certificate will be generated.

A quarantine completion certificate includes your quarantine period and is valid after your quarantine period, effectively serving as an isolation order.

You can also bring your isolation order into the Koblerville COVID-19 Community Center (KC3) and request your completion certificate. The KC3 is open every day 8 a.m. - 4 p.m. (closed 12 p.m. - 1 p.m.).

## **WHEN DO I SEEK MEDICAL ATTENTION?**

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

## HOW DO I GET TREATMENT FOR COVID-19?

COVID-19 positive individuals should seek care within 5 days of a positive test result as they may be eligible for treatment that is given soon after infection, especially individuals who are considered high-risk, including history of diabetes, high blood pressure, heart disease, obesity, or cancer, or are over the age of 65.

Individuals who wish to avail of COVID-19 therapeutics may visit the Koblerville COVID-19 Community Center for a referral for treatment. The KC3 is open every day, 8 a.m. – 4 p.m. (closed 12 p.m. – 1 p.m.).

Individuals may also avail of COVID-19 therapeutics at the Medical Care and Treatment Site (MCATS) at the CHCC by walking up to entry screeners and requesting COVID-19 treatment. After-hour treatment requests will be handled by the CHCC Emergency Department.

## TIPS FOR A SAFER QUARANTINE/ISOLATION

- **Stay home** except to get medical care. 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 well-fitted mask**.
- **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.
- **Avoid sharing personal items** with other people in your household, like dishes, towels, bedding, cups, spoons, etc.
- **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. You should still avoid contact with other people outside.
- **Stay connected with people** via phone calls and social media.
- **Take care of your mental health.** For mental health support and coping skills, please call **(670) 284-0843 or (670) 284-0847**, available every day, 8:30 a.m. - 3:30 p.m.
- **Monitor for symptoms daily** (*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.

## VACCINATION AFTER QUARANTINE/ISOLATION

**People with COVID-19 who have symptoms** should wait to be vaccinated until they have recovered from their illness and have met the criteria for discontinuing isolation; **those without symptoms** should also wait until they meet the criteria before getting vaccinated. This guidance also applies to people who get COVID-19 before getting their second dose of vaccine.

**People who have had a known COVID-19 exposure** should not seek vaccination until their quarantine period has ended to avoid potentially exposing healthcare personnel and others during the vaccination visit. This recommendation also applies to people with a known COVID-19 exposure who have received their first dose of an mRNA vaccine but not their second.

**People who previously received antibody products (anti-SARS-CoV-2 monoclonal antibodies or convalescent plasma)** as part of COVID-19 treatment, post-exposure prophylaxis, or pre-exposure prophylaxis can be vaccinated at any time. COVID-19 vaccination does not need to be delayed following receipt of monoclonal antibodies or convalescent plasma.

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

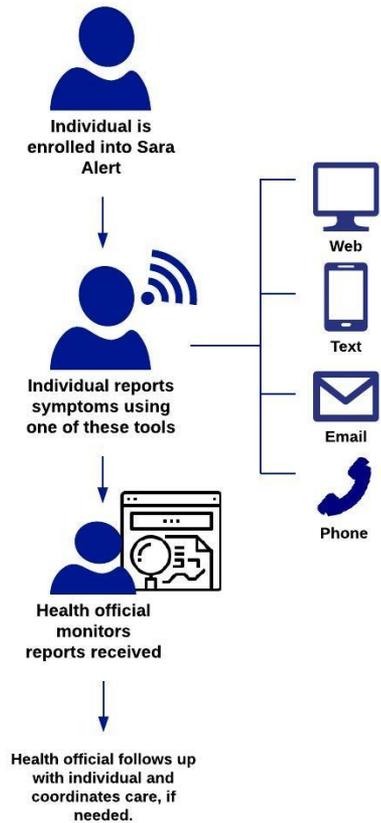
The **Sara Alert** system allows CNMI public health officials to enroll individuals who have developed a COVID-19 infection, so those individuals can report on any symptoms they are having. This allows CNMI health officials to efficiently watch out for the virus in our community and follow up directly 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.

- **COVID-19-positive individuals** will be enrolled into Sara Alert, **including individuals who self-report on**

**[www.staysafecnmi.com/self-reporting](http://www.staysafecnmi.com/self-reporting)**. Confirmed cases must complete 14 days of monitoring on the Sara Alert system.



## 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. If you are non-responsive or report any symptoms, a Sara Alert representative will reach out to you. Please respond every day.

**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 the CNMI government asking you for this kind of information, please report it to the COVID-19 Infoline at **(670) 488-0211**.

# 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 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.



## CLEAN YOUR HANDS OFTEN AND WEAR A WELL-FITTED MASK

- 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.
- 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 SHARING PERSONAL ITEMS

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

## **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 your hands after handling used items.

## **CLEAN AND DISINFECT**

- Clean and disinfect “high-touch” surfaces and items every day: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks, electronics, etc.
- 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.

## **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.

## 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

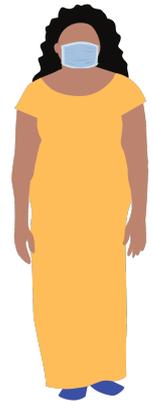
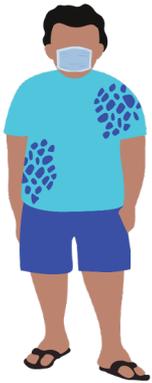
- **Always follow the directions on the label** of cleaning and disinfection products to ensure safe and effective use.
- **Use only the amount recommended** on the label.
- **If diluting with water is indicated for use, use water at room temperature** (unless stated otherwise on the label).
- **Label 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 well-fitted mask 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 well-fitted mask 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 well-fitted mask, **clean your hands** with alcohol-based hand rub or soap and water for 20 seconds.
- **Avoid touching your well-fitted 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 well-fitted mask. If possible, remove it from behind (do not touch the front of your well-fitted mask). Clean your hands after removing your well-fitted mask 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 well-fitted mask 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 self-care routine.

**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 the COVID-19 pandemic 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 6 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 soothing 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				