**Helpful Hints that may assist you during this time related to the COVID-19**

**Be sure you are prepared**:

1) Have an emergency contact that is within 1-hour distance from you (family member or friend).

2) Have an updated medication list (including prescription and over the counter meds) that you can easily access. Share this list with a family member or emergency contact.

3) Identify a back-up plan for delivery of medications through a local pharmacy or mail order (contact your prescription plan for more information)

Here are things you should have a **2 weeks supply of** (just in case you need to quarantine)

- food or access to a program that can provide assistance

- medications (includes prescription meds and over the counter)

\*If you have a history of breathing problems make sure to have

inhalers or treatments with enough current doses for 2 weeks.

**Stay connected:**

This situation has a lot of people feeling distressed, fearful and anxious. It is very important to take care of your mental health, even while trying to physically distance from others as best you can. Here are some tips:

- Make sure you have a daily check in by phone with a family member or friend.

- Engage in your hobby or a favorite activity that you can do at home.

- Music can be fun, entertaining and relaxing.

- If the weather is nice, go out for a short walk – just remember to keep 6 feet between you and others.

- Technology can also connect you to programs and people.

For information on Mental Health or to seek mental health services: [(local](http://www.mhamd.org) mental health center). If you feel there is a **crisis** call 211 press 1

**Important Numbers:**

- Your organization \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, phone number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, website or email address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Remember:**

-If you are not feeling well call your primary care provider or the emergency room **first** for guidance before going in.

-If you have a medical emergency call 911 (if you think you have symptoms of the coronavirus let the operator know)

-As always, be careful of scams, do not give out any of your personal information to anyone over the phone!