

Coronavirus Situation Survival Tips

Compiled by East Tennessee Cares

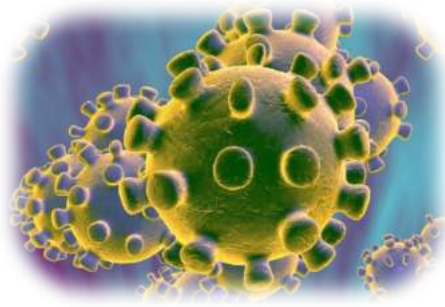
March 18, 2020

Knoxville, TN

<http://easttncares.org/coronavirus.html>



Overview

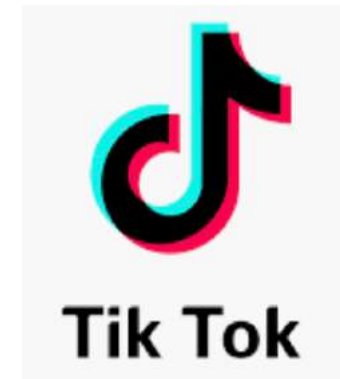


- Social Media Issues
- Home Emergency Preparedness
- Contact Information
- Remote Work and School Issues

- Mental Health Issues
- Treating Others
- Helping Those Less Fortunate
- Potential Volunteer Needs



Social Media Issues



Social Media Issues

- Get news from authoritative, credible sources and/or multiple sources
- Be careful to distinguish facts from rumors or opinions
- Be aware of unconscious bias, assumed intentions, limitations, and accountability of contents
- Listen to doctors and nurses for medical advice
- Don't make rash decisions based on social media posts
- Don't resend / retweet / forward rumors, negative content, or hate speech to avoid ill effects on others



Social Media Issues

- Limit daily exposure to social media for your mental and emotional health
- Don't be captivated by 'extreme' stories
- Don't focus on negative stories that can be emotionally damaging
- Balance negative stories with positive stories of success and recovery
- Be aware that everyday tragedies are being recast as sensational stories



Home Emergency Preparedness



Home Emergency Preparedness

- Obtain prescription medicines and hard-to-get over the counter medicines
- Obtain safety items – hand sanitizers, gloves, disinfectant wipes, tissues
- Obtain non-perishable foods that you like – enough for 2 weeks (not 6)
- Beware of price gouging on popular ‘survival’ items
- Avoid panic shopping or hoarding of supplies – consider the needs of others
- Avoid unhealthy lines at stores – plan meals with existing supplies if possible



Home Emergency Preparedness

- Make a plan to get treatments for pre-existing conditions (*e.g.*, dialysis)
- Teach kids good personal hygiene practice
- Keep regular eating habits to maintain strong immunity
- Make plans to accommodate in-person services (banking, auto, bills ,,,)
- Remember the needs of your pets and plants



Contact Information



Contact Information – General

- Local testing and treatment facilities
- Family doctor and nearby urgent care/walk-in clinics
- Family and friends to deliver groceries and provide other services / support
- Family contact information for emergencies
- Apartment leasing office for housing issues



Contact Information – Specific

- Knox County Health Dept. Coronavirus Hotline – 865-215-5555
- Tennessee Dept. of Health Coronavirus Hotline – 877-857-2945
- US Center for Disease Control Hotline – 800-232-4636
- Rural Metro Ambulance – 865-675-0775
- Lifeguard Ambulance – 865-637-1800
- Priority Ambulance – 865-688-4999
- American Medical Response – 865-573-5779



Remote Work and School Issues



Remote Work Issues – Environment & Schedule

- Keep your regular work schedule (start, breaks, lunch, end of day)
- Share child care responsibilities among family members (work in shifts) if possible
- Set physical boundaries for kids if necessary to minimize distractions
- Change into work clothes – no pajamas!
- Stay away from your bed and hide snacks to keep a healthy lifestyle



Remote Work Issues – Technology & Communication

- Work with your IT support and supervisor to bring needed equipment home and obtain any necessary applications and approvals
- Designate a place to work with all needed tools & minimal distractions
- Utilize on-line resources (SLACK, GOOGLE, ZOOM, SKYPE ...) for effective teamwork from home
- Manage expectations – set clear goals, milestones, and deliverables with supervisor
- Over-communicate with co-workers regarding work plans and progress



Remote Work Issues – Other Issues

- Be aware that some workers do not have permission or resources to work at home – with possible severe impact on income
- Offer help to service industry workers who may lose the most income
- Contact Tennessee Department of Labor & Workforce Development at 844-224-5818 or <https://www.tn.gov/content/tn/workforce.html> for unemployment benefits related to COVID-19



Remote School Issues

- Establish a distraction-free setting if possible to help kids focus
- Allocate your time and energy to educate, entertain, and motivate kids
- Make a plan for school work, hobby time (lessons, crafts ...), and free time
- Use online tools to remotely continue lessons (music, dance, tutoring...)
- Stock up on puzzles and books to stimulate your kids
- Plan for at-home child care costs if needed
- Donate to provide meals for low-income students



Remote School Issues

- Monitor kids' emotions and offer support to reduce frustrations and improve self-discipline
- Limit screen time as possible, and engage with kids when online to learn about their online worlds
- Respect screen time requests from teens, as this is their social space
- Schedule and join them for non-screen activities – walks, exercise, home responsibilities like cooking/cleaning/general help
- Donate to provide adequate supplies for online learning for the needy



Remote School Issues

- Age-appropriate and fact-based discussion with kids about virus situation
- Avoid play dates that violate social distancing, use virtual connections instead
- Teachable moments – be kind to others, help those in need, avoid racism
- Lead a healthy lifestyle, be disciplined & kind to set a good example for kids
- Provide for special needs for Graduating Seniors (jobs, education, friends ...)
- Provide kids with plenty of attention and love



Remote School Issues – Resources

- Zoom – for online chat or play dates
- Common Sense Media – great resource for quality screen-time recommendations
- GoNoodle – for physical dance/movement and meditation videos
- Scholastic Learn at Home – day-by-day projects to keep kids reading, thinking and moving (free for 20 days)
- Local libraries – reserve books and pick up later to follow good social distancing practices



Mental Health Issues



Mental Health Issues

- Be aware of situation but do not panic
- Recognize and accept fear and anxiety arising from uncertainty / changes / unknowns / lack of control of outbreak
- Recognize that your emotions can impact kids and family members
- Watch for emotional impact (vicarious trauma) of negative media stories
- Help support those isolated alone at home to prevent depression of situation



Mental Health Issues

- Be aware that pre-existing conditions may be worsened by the situation
- Avoid the use of alcohol and drugs to cope with situation
- Provide protection, strong support and encouragement to doctors, nurses, police, emergency responders – they risk their safety for us!
- Plan how to best explain outbreak to kids
- Plan to cope with family separations – especially for seniors and kids



Mental Health Issues

- Don't rush important decisions or take rash actions when under stress
- Be aware that hate crimes and bigotry may increase
- Recognize that extensive mass media / social media exposure may worsen symptoms
- Be aware that there may be limited opportunity for grieving a loss
- Plan for extra anxiety from disruption of major life plans (wedding, graduations ...)



Mental Health Issues – Mitigation Strategies

- Maintaining a routine
- Writing down your worries
- Connect regularly with loved ones
- Spending time with family
- Meditating
- Praying or attending remote services
- Pursue activities that nurture your spirit



Mental Health Issues – Mitigation Strategies

- Taking walks and exercising
- Eat healthy meals
- Listening to calming music
- Talking through your fears
- Disrupting the “anxiety spiral”
- Planning for worst-case scenarios
- Utilize emotional support hotlines



Treating Others



KINDNESS IS
contagious.



Treating Others

- Have compassion – not disdain or fear – for those infected
- Always treat others the way you want to be treated
- Be aware that the infected are more vulnerable and need our help
- Politely and safely greet others with a smile – but without a handshake
- Offer to help in safe ways – deliver groceries, phoning those quarantined ...
- Reach out to neighbors and ask if they need help
- Form a social media group to support others



Treating Others

- Don't use outbreak as excuse for bad behavior, racism, bigotry, xenophobia
- Offer support and assistance to others, but do not overwhelm yourself or replace medical professionals
- Perform small acts of kindness such affirming and encouraging others
- Help those that are suffering alone in isolation
- Inspire hope in others and yourself
- Protect privacy of the infected to prevent retaliation / discrimination



Helping Those Less Fortunate



Helping Those Less Fortunate

- Protect seniors and those with weaker immune system
- Help provide shelter, food, cleaning supplies for the those in need
- Help provide meals and remote school needs for underprivileged kids
- Help those that lack technical skills and/or devices to access information or remote services
- Help provide care and support for families of the infected
- Be aware that those in jail are at great risk
- Donate to local charities to meet critical needs



Potential Volunteer Needs



Potential Volunteer Needs

- Calling those in need for emotional support
- Collect and distribute supplies to those in need (groceries, medicines ...)
- Help inform and educate the public on the changing situation
- Provide mental health support via hotlines, online services, community groups
- Provide PTSD assistance during recovery phase
- Help with medical trash processing
- Help coordinate similar local volunteer efforts across various organizations

