

Staying Safe During COVID-19

Daily & Weekly Activities

COVID-19, or Coronavirus, can live on surfaces for several days.

It also can remain in the air after someone sneezes or coughs.

So, if the virus gets on your hands or in your home, you can be exposed to it.

It is important to lower our chances of getting COVID-19 by taking care of ourselves wherever we are.

REMEMBER TO ALWAYS:

- Wash your hands with soap for 20 seconds
 - Avoid touching your face
- Stay home except for essential activities like grocery shopping and medical appointments
 - Stay at least 6 feet or 2-arm lengths away from people
 - Wear a mask outside (if it is recommended in your area)

Try to Make a DAILY/WEEKLY Schedule & STICK TO IT!

THRESHOLDS

HOME | HEALTH | HOPE

Essential *Daily* Activities

<p>HOME</p> <p><i>Do something for your home and living environment</i></p>	<p>HEALTH</p> <p><i>Do something to maintain your physical health and wellness</i></p>	<p>HOPE</p> <p><i>Do something for your mental health and well-being</i></p>
<ul style="list-style-type: none"> <input type="checkbox"/> Clean frequently used surfaces <ul style="list-style-type: none"> Use disinfecting wipes/spray or soap/water ○ Counter tops ○ Refrigerator & microwave handle ○ Doorknobs ○ Light switches ○ Sinks & toilets <input type="checkbox"/> Wipe down electronics <ul style="list-style-type: none"> ○ Phone ○ Computer/laptop/tablet ○ TV remote <input type="checkbox"/> Open a window <ul style="list-style-type: none"> ○ Let the fresh air in and release the stale air <input type="checkbox"/> Wash dishes <input type="checkbox"/> Make your bed <input type="checkbox"/> Water plants <input type="checkbox"/> Set aside “home” clothes <ul style="list-style-type: none"> ○ If you need to go outside to the grocery store or an appointment, change into this clean set of clothes when you get home. <input type="checkbox"/> Try a new recipe <input type="checkbox"/> Talk with your roommate <ul style="list-style-type: none"> ○ On how you can both be considerate of one another during this time ○ Come up with a plan for home tasks like cleaning and dishes ○ Find an activity to do together, like playing cards 	<ul style="list-style-type: none"> <input type="checkbox"/> Wash your hands <ul style="list-style-type: none"> with soap and water for at least 20 seconds ○ Before eating ○ Before making food ○ Before and after smoking ○ After grocery shopping ○ After returning home ○ After getting mail ○ Before touching your face <input type="checkbox"/> Practice good hygiene <ul style="list-style-type: none"> ○ Take a bath or shower ○ Brush your teeth ○ Wash your face ○ Brush your hair ○ Wear clean clothes <input type="checkbox"/> Keep up with medications <input type="checkbox"/> Practice deep breathing <ul style="list-style-type: none"> Inhale 4 secs., hold 5 secs., exhale 7 secs. <input type="checkbox"/> Limit touching your face <input type="checkbox"/> Stretch your body <ul style="list-style-type: none"> ○ Make circles with your arms ○ Reach for your toes <input type="checkbox"/> Stay hydrated by drinking water <input type="checkbox"/> Physical activity <ul style="list-style-type: none"> ○ Take a walk around the block ○ Climb a flight of stairs ○ Do 10 jumping jacks <input type="checkbox"/> Stay 6 feet away from others <input type="checkbox"/> Wear a cloth mask in public 	<ul style="list-style-type: none"> <input type="checkbox"/> Reach out <ul style="list-style-type: none"> ○ Call a friend or family member ○ Reconnect with an old friend ○ Send a text or email ○ Call your clinician when needed <input type="checkbox"/> Stay entertained <ul style="list-style-type: none"> ○ Watch your favorite show ○ Start a new show ○ Read a book or listen to music ○ Pick up an old hobby ○ Learn a new skill ○ Play solitaire ○ Draw or sketch something <input type="checkbox"/> Write <ul style="list-style-type: none"> ○ Send a letter to a friend ○ Keep a journal ○ Make “To Do” & activity lists <input type="checkbox"/> Listen to or create your own positive affirmations, such as <ul style="list-style-type: none"> ○ “I radiate creativity and strength” ○ “I wake up today with strength in my heart” ○ “I am staying safe at home” <input type="checkbox"/> Meditate or pray

THRESHOLDS

HOME | HEALTH | HOPE

Essential **Weekly** Activities

HOME <i>Do something for your home and living environment</i>	HEALTH <i>Do something to maintain your physical health and wellness</i>	HOPE <i>Do something for your mental health and well-being</i>
<p>Cleaning</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sweep, vacuum, and/or mop kitchen, bathroom and/or bedroom floors <input type="checkbox"/> Dust easy and hard to reach places where dust bunnies collect <input type="checkbox"/> Scrub bathtub or shower <input type="checkbox"/> Clean the fridge and/or freezer <input type="checkbox"/> Clean the stovetop, oven, or microwave inside and out <input type="checkbox"/> Organize a drawer, a cabinet, a box, a closet, or an entire room <input type="checkbox"/> Toss papers you no longer need <input type="checkbox"/> Toss/get rid of at least 3 things you haven't used in a year <input type="checkbox"/> Spring Cleaning – de-clutter and freshen up - what's your pick? <p>Laundry</p> <ul style="list-style-type: none"> <input type="checkbox"/> Wash your clothes, sheets, towels, and other linens <p>Finances/Money</p> <ul style="list-style-type: none"> <input type="checkbox"/> Put away an amount (try \$1-\$5) each week for something special you want to do or want to buy at the end of the month or year 	<p>Doctor appointments</p> <ul style="list-style-type: none"> <input type="checkbox"/> Due to COVID-19, maintain medical and other appointments as needed <p>Medication management</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check amount of medications on hand. Do you have enough to last an extended period of time? If not, tell your clinician or doctor. <p>Exercise</p> <ul style="list-style-type: none"> <input type="checkbox"/> Find a weekly exercise program on TV or online and give it a go. Might be fun! <input type="checkbox"/> Dance to tunes that you like <p>Sleep</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sleeping too much or too little this week? Discuss with your clinician or doctor. <input type="checkbox"/> No sleep issues? Consider choosing one day for taking a long nap or sleeping-in <p>Shopping</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make a list of the must have items you need for the week or month <ul style="list-style-type: none"> o Include fruits and vegetables (fresh, frozen, canned), rice, oats, nut butters o What's your favorite snack or drink? Check the label. What's the sugar content? Try replacing that snack or drink with one that has lower values. 	<p>Have Conversations</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check in with your clinician <input type="checkbox"/> Call a family member, friend, or other supporter <input type="checkbox"/> Virtual “hang-outs” <ul style="list-style-type: none"> o You and a friend can pick a movie or show that you can watch “together.” While you are not together in-person, you can start the movie or show at the same time and talk about it, either during or after, on the phone! <p>Meaningful & Leisure Activities</p> <ul style="list-style-type: none"> <input type="checkbox"/> Strive to do 3 or more activities from your Daily HOPE column at least once a week. <input type="checkbox"/> Make goals for the upcoming week <ul style="list-style-type: none"> o Choose a word to focus on this week, like “Hope,” or “Healing” o Pick something you can work toward while staying home o Choose something you can still work on when the shelter-in-place is over <input type="checkbox"/> Work on a new puzzle