

Dear Parents and Care Givers;

we interrupt our regular monthly message to talk about Covid 19.



Social isolations, homeschooling, and working at home **oh my!**

And all **this thrust upon** us so quickly with no end in sight.

- 1) Self-Care is a priority and necessity: Continuing with regular schedules (as much as possible) and doing self-care will help to make this situation more familiar and will have a positive impact on mental and physical health.
- 2) School or work from home may be new for a lot of you. Create a dedicated space that is free from distractions and comfortable. Make sure to build in breaks for stretching and snacks. Build-in incentives for yourself and young people that can be given once certain tasks are completed.
- 3) Get regular exercise, take advantage of the spring weather and get outside. Go for a walk/run and enjoy the beautiful area we live in. Go to a park or outside area you have never been to but remember to keep social distancing.
- 4) Reach out to your school district for help with homeschooling activities. There are also online resources available to you. This link will connect you to the 20 best homeschooling resources <https://www.learningliftoff.com/20-best-homeschooling-websites-and-learning-resources/>
- 5) Help spread the message that staying at home and social distancing is something we can all do to help ourselves, families, friends and our community. Below is the Tompkins County social medial campaign:
 - a. We are asking you to be a Peer Influencer - Make a Public Service Announcement (PSA) video at home, highlighting all the things you are doing at home with your families during this time of Covid-19 Quarantine. Make them funny, creative, and unique to get the importance of this message out to everyone in Tompkins County. Once you make your video or photos for #stayhomeTompkins share with us on Facebook @ToCoYouth or on Twitter @TompkinsCoYouth. We CANNOT wait to see what you come up with!
- 6) Consider getting your teen to create a Zine (Quaren Zine). Here is a PDF on how to get started.

<https://documentcloud.adobe.com/link/track?uri=urn%3Aaaid%3Aascds%3AUS%3A5cdb354a-1ae2-4006-9097-6e3d2214d98b>

As this situation evolves, check the Tompkins County Health Dept's [website](#) for updates.

Frequently Asked Questions: <https://tompkinscountyny.gov/health/factsheets/coronavirusfaq>

Stay informed. Get updated information on COVID-19 at Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

NYS DOH: <https://www.health.ny.gov/diseases/communicable/coronavirus/>

World Health Organization: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Visit the CDC's Traveler's Health webpage for the latest travel health notices at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

A hotline is available for New Yorkers to call for information about COVID-19: 1-888-364-3065.

For more information go to the Health Department website: <https://tompkinscountyny.gov/health>.