

## Coronavirus Disease 2019 (COVID-19)

# Take Care of Yourself and Each Other

Physical distancing will help limit the spread of COVID-19, but it may also lead to changes in the ways you connect with others. Physical distancing does not necessarily mean becoming socially isolated. Find new ways to connect with others and practice self-care during this time. For the list of resources that support mental health see [Resources for Ontarians Experiencing Mental Health and Addictions Issues during the Pandemic](#).

## Keep in touch

- If you are able to, use technology to communicate with your friends and family. Make phone calls, send texts and have video chats.
- If you are well, be creative when connecting with neighbours. Speak to them over a fence or from your balcony, while keeping two metres (or 6 feet) apart.
- Leave a message of support in your window, yard or condo message board.



## Think of others

- If you are well, connect with people who may find this time especially stressful, such as:
  - Older adults and those with chronic health conditions who are at increased risk of COVID-19
  - People who have a history of depression or anxiety, or who may be heavily impacted by COVID-19 (e.g., job loss, health concern, separation from loved ones)
  - People who have mobility challenges or few social supports



## Talk to your kids

- Empower your kids by teaching them the most effective ways to prevent COVID-19:
  - Washing their hands
  - Coughing or sneezing into their elbows, and
  - Physical distancing
- Children may feel anxious or stressed due to the uncertainty surrounding COVID-19. Reassure them that their feelings are valid.
- Encourage your children to ask questions. Use plain language to explain what's happening.
- Establish a routine that gives your kids structure while they're indoors.

