Coping With Isolation During COVID-19

General daily tips
- Keep in touch with your social support groups virtually.
- Get some fresh air. Maintain a 6-foot distance from others.
- Stay busy. Read, play games or work on a project.
- Maintain a healthy lifestyle.
- Get the facts about your risk and how to take precautions.

For people living with children
- Be honest when discussing COVID-19, and do so in an age-appropriate way. If your children have concerns, help them ease their anxiety.
- Model good behavior.
- Help children find positive ways to express their fears about the situation.
- Maintain familiar routines in daily life as much as possible.
- Provide children with engaging activities.

For caretakers of older adults
- Provide practical and emotional support by sharing simple facts.
- Give clear information about how to reduce risk of infection.
- Engage their support networks in providing information and helping them practice prevention measures.
- Encourage older adults with experience and special skills to help others by providing virtual peer support such as reading to children over the phone.

Source: Department of the Navy Civilian Employee Assistance Program (DONCEAP): https://magellanascend.com/ or 1-844-DONCEAP