

# Navigating COVID-19

**Social Distancing**

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**CompEAP**   
we are comprehensive

# Social Distancing

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## What does it mean?

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases. Social distancing measures include limiting large groups of people coming together, closing buildings and canceling events.

As members of communities across the country, it is imperative that we take every safeguard possible to help us protect one another by following the CDC advice of social distancing, while at work (if you are required to be there) and at home.

### Avoid:

- Group Gatherings
- Sleep Overs
- Playdates
- Concerts
- Theatre Outings
- Athletic events
- Crowded Malls
- Gyms
- Visitors in your home
- Mass transit systems
- Non-essential workers in your home

### Use Caution When:

- Visiting a local restaurant
- Visiting grocery store
- Getting takeout
- Picking up medications

### Safe To Do:

- Take a walk or hike
- Yard work
- Clean out a closet
- Read a book
- Listen to music
- Cook a meal
- Family game night
- Go for a drive
- Group video chats
- Stream a favorite show
- Call a friend

We know this can be difficult, especially during a time when you want to keep family members and friends close. For support around this, call CompEAP, at 800-344-1011, where clinicians are available 24/7.

# Talking to Children about COVID-19

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We understand it can be difficult talking to children about COVID-19 especially when adults have questions and anxieties themselves. Here are some tips and guidelines that will make it easier.

## What You Can Do

- Remain calm and reassuring, children will react how you react
- Make yourself available
- Take time talk
- Follow their cues, i.e., ask them what they've heard
- If true, reassure them that they and other family members are safe
- Avoid excessive blaming
- Monitor television and social media viewing
- Maintain a normal routine to the extent possible
- Be honest and accurate
- Know the symptoms
- Review and model basic hygiene and healthy lifestyle practices for protection
- Communicate with your school, and if your school is still in session, discuss new rules or practices at school
- Keep explanations age appropriate
- Be aware of your own anxiety

## What You Can Say

**What is a virus?** A tiny germ, that needs to live in the cells in our bodies to survive.

**What is the “coronavirus”?** A new virus. ‘Corona’ in Latin means crown, and the virus itself looks like it’s wearing small crowns! The disease that the coronavirus causes is called “COVID-19”.

**How does it make us feel?** Although some people may not get it, those who do may have a cough, a fever, and feel tired. But older people and people who were already ill, can get very sick from it.

**Where did the coronavirus come from?** It was first found in Wuhan, China, and although we aren’t sure what animal it was, scientists believe that an animal gave it to humans.

**How does the virus get into our cells?** It has spikes on it that it uses to get into our cells. Once inside, it makes copies of itself and begins to infect other cells. Once a lot of our cells are infected, they can’t work properly and we get sick.

**How does it make people sick?** Our bodies have an army to fight germs like the coronavirus, which is called our immune system. When your immune system is busy fighting off the germs it can cause a fever, headache, and runny nose.

**What can I do?** The number one thing you can do to help is wash your hands (with soap and water for at least 20 seconds), don’t touch your face, stay home if you don’t feel well, and cover your sneezes, and coughs!

**Now what?** Fun activities may have to be canceled so that everyone can stay safe, but doctors are working hard to find something to help stop the coronavirus.

## Resources

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[livescience.com](https://www.livescience.com)

[nasponline.org](https://www.nasponline.org)

[childmind.org](https://www.childmind.org)

[pbs.org](https://www.pbs.org)

# Working from Home and Staying Balanced

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As COVID-19 continues to spread around the globe, more and more employers are requesting that their employees work remotely.

Whether you are familiar with working remotely, or are new to the experience, we are all trying to make our way through uncharted territory.

## Challenges and Opportunities

Working remotely, specifically working from home due to the pandemic, comes with its own set of challenges, but also with opportunities.

With many schools and colleges being shut down, working parents are now having to navigate finding the right balance between work and family. For some, loneliness may set in and creativity may suffer. On the other hand, working from home can boost one's family and social life, with employees being able to devote more time and energy to these facets of life.

### **To make the most out of your work from home experience, here are some strategies to help you stay balanced:**

Face each day like it's any other day in the office. Take a shower and get dressed. Use the time you usually spend commuting to do things you usually do not have time to do, like eating a grand breakfast in the morning or working out in the evening. Begin and end your workday as scheduled and take your regular breaks.

#### **Set aside a work area to use as your workspace**

Designate an area that will keep you in the mindset of being at work. A separate space free from distractions is ideal but may not be realistic. You may need to use the kitchen counter or sit on the sofa; it's about what works best for you to be productive. However, be sure to treat your body with care and be mindful of ergonomics.

#### **Establish work-life boundaries**

Explain to family and friends that when you are scheduled to work, you are working. Hold fast to when you are and are not available.

#### **Stay connected with coworkers**

Communicate! Utilize your work's methods of communication: email, phone, text, FaceTime, Zoom meetings, etc. It's important to not just rely on email. More personal modes of communication tend to be more meaningful. Reach out to your coworkers regularly and keep your supervisor in the loop.

# Maintaining Healthy Habits

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During this time of uncertainty, it is important to focus on what we can control rather than what we cannot.

Maintaining healthy habits can help us feel more grounded and will improve our overall physical health and emotional wellbeing.

## Sleep

Getting a good night's sleep is essential for good health (as well as maintaining a strong immune system) and maintaining a sense of wellbeing during this stressful, uncertain time.

Follow these 11 healthy sleep tips from [sleepfoundation.org](https://sleepfoundation.org)

## Physical Activity

While the COVID-19 pandemic has disrupted our ability to go to our favorite gyms and activity center, it is still important to stay active during this time.

- Do gentle stretching upon waking
- Enjoy both [indoor and outdoor aerobic](#) activities.
- Many companies are now offering [temporary, free memberships to their online, live, workout streams](#).
- Download apps for “indoor friendly” workout routines such as these [Yoga apps](#).

## Healthy Eating

Tips on how to establish and maintain a healthy diet, particularly when supplies may be difficult to get.

- To limit trips out, follow [USDA suggested guidelines around food planning](#)
- Stock up on nutrition packed foods that will stay fresh for a week or longer. [For ideas](#), go here
- As ordering takeout and delivery is likely to increase, [follow these tips](#) to help make healthier choices for both adults and children.

## Strategies for Managing Stress and Anxiety

- Practice self care strategies that have worked for you in the past (yoga, walking the dog, hobbies that require mindful engagement such as LEGO, crossword puzzles, adult coloring).
- Try out mindfulness by downloading available [smartphone applications](#).
- Limit exposure to media coverage of the pandemic
- Stay connected to friends and family [via free video chat options such as FaceTime, Skype and several others](#).



# Resources for Older Adults and COVID-19

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Here are some resources for older adults, their families, and care professionals.

## Resources

Visit the CDC link below for general guidance for older adults and long-term care facilities:

[cdc.gov](https://www.cdc.gov)

Visit the link below for regularly updated general information and resource links for older adults, family caregivers, and health care providers:

[johnahartford.org](https://www.johnahartford.org)

Visit the link below for guidance as a family caregiver, including nursing home visitation, food and grocery delivery, and self-care tips:

[caregiver.org](https://www.caregiver.org)

Visit the following link for resources and information on government information, benefits and services, caregiving, chronic illness, finances, food and nutrition, LGBTQ community, medication, mental health, physical activity, and veterans:

[ncoa.org](https://www.ncoa.org)

Visit the follow website for general guidelines and symptoms to be aware of in older adults:

[acl.gov](https://www.acl.gov)

# COVID-19

## **We appreciate this is a very challenging time.**

While CompEAP offers a comprehensive array of services, we especially want to remind you that we are here to provide ongoing clinical support during this uniquely stressful time. The COVID-19 disease has affected every single one of us in some way and will continue to do so for weeks, and potentially months, on out. Many of you may feel like you just need to talk to someone about this and we wanted to remind you that you have a solution at your fingertips in CompEAP.

Please do not hesitate to reach out to CompEAP anytime for support around how this crisis may be personally affecting you. As a reminder, this is a completely confidential, and 100% employer sponsored benefit for you and your family members.

CompEAP counselors are standing by 24/7 at 800-344-1011.

For any other inquiries, please email [info@compeap.com](mailto:info@compeap.com).

**Life is 24/7  
so are we.**

[compeap.com](http://compeap.com) | 800-344-1011

