

# QIN SAFETY BRIEF

**“INSTEAD OF WORRYING ABOUT WHAT YOU CAN’T CONTROL,  
SHIFT YOUR ENERGY TO WHAT YOU CAN CREATE”...**

## Get Your Home Ready

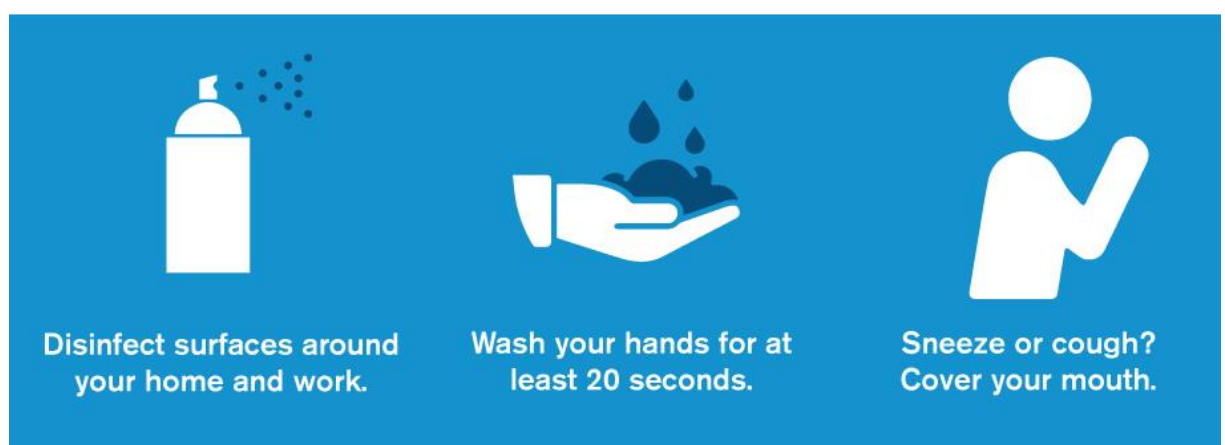
Before COVID-19 Outbreak occurs in our community it’s important to have a plan.

- **Talk with the people who need to be included in your safety plan. See box to the right.**
- Talk with your household members and other relatives and friends about what to do if COVID-19 breaks out in our community.
- Practice good personal health habits and plan for home based actions now. Make sure any necessities like medications are refilled now.
- Identify aid organizations in your community. Create a list of local organizations that you and your household can contact in the event you need access to information, health care, support and resources.
- Stay Home if you are sick.
- Keep away from others that are sick.
- Limit close contact with others as much as possible (6 feet).
- Have a plan for a separate room and bathroom, just in case someone gets sick. Plan to avoid sharing personal items like food, drinks, dishes & blankets.
- Make sure to take care of the emotional health and well-being of your household members. Outbreaks can be stressful for adults and children. Different people and different ages respond differently. Make sure to talk to your children, family and friends about the outbreak. It’s important to stay calm and reassure your family they are safe.

## CORONAVIRUS SAFETY



Follow these easy steps to help prevent the spread of COVID-19.



## Mental Health Consideration

Set limits around the news on COVID-19. Try to avoid excessive exposure to media coverage. Constant monitoring of news updates and social media feeds like Facebook about COVID-19 can intensify feelings of worry and distress. Consider turning off automatic notifications on your phone and email, and taking a break from the news. It’s important that we all set our boundaries to how much news you read, watch or listen to. This will help you focus on your life and actions over which you have control over as opposed to wondering about the ‘what if’. If you do seek information make sure it’s from a factual information source. I recommend organizations such as the World Health Organization (WHO) or the Washington Department of Health (DOH).

When you do seek information do it during specific times during the day and at most once or twice a day. Focus on Facts and Not Fears.



### **Steps to consider for Family Safety Planning**

1. Create an emergency contact list.
2. Create a plan for your vulnerable family members – where can they stay, to ensure they are do not become infected, if someone in your house is quarantined or isolated to the home?
3. Plan ways to care for those who might be at greater risk from serious complications. What would they need if they were isolated to the house?
4. Create a backup plan for your children – is there anyone else they can stay with if you test positive and they are negative?
5. Create a plan for your pets, who can care for them if the best isolation plan for your family is not in the home?