

HOW I CAN HELP

A QUICK REFERENCE FOR SUPPORTING THOSE WHO EXPERIENCE COVID-19

It's hard to know what to do or what to say when someone we know is dealing with COVID-19, or when they have a loved one who is sick. Here are a few things to keep in mind:



1. PEOPLE FIRST.

Those experiencing COVID-19 are human beings, first and foremost. Every person deserves to be treated with kindness and respect regardless of any illness.

2. RESPECT ALL EMOTIONS.

Be honest about your feelings. It's okay to be afraid. But, it's important to also respect the feelings of a person experiencing COVID-19. Remember that they have feelings, too.



3. TALK ABOUT IT.

Talk to trusted and helpful friends and family to decide what to say and how to support someone who is dealing with COVID-19. Knowing what to say will help you avoid saying nothing and inadvertently isolating someone because of the illness. The most helpful language is positive, hopeful, optimistic, and supportive.



4. SHOW EMPATHY.

A person experiencing COVID-19 may feel a mix of emotions in addition to the physical aspects of fighting the illness. Try to see things from their point of view. They may feel afraid, anxious, or sad. Show them with your words and actions that they are not alone, even if you can't physically be with them.



ADDITIONAL RESOURCES:

Center for Disease: Stress and Coping (during COVID-19)
www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html

Mental Health America and COVID-19
mhanational.org/covid19

Keeping Kids Informed and Calm (ESC Region 12)
www.esc12.net/page/COVID19_Student_Support