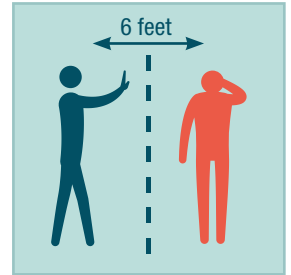


Self and Community Care During Social or Physical Distancing

What is social or physical distancing?

Public health officials encourage social or physical distancing to stop or slow the spread of a disease you can catch, such as COVID-19. Physical distancing measures include:

- Limiting gatherings of large groups
- Closing buildings
- Canceling events.



Governor Kate Brown issued an executive order to help slow the spread of COVID-19. This order directs everyone in Oregon to stay home except for essential needs until further notice.

You may have a reason you must leave your home; examples are:

- Going to the grocery store
- Going to a medical appointment.

If you need to leave your home, you should stay a minimum of six feet from others.

Governor Brown also advises avoiding social and community gatherings if you are either, or both, of the below:

- Over age 60
- Have an underlying health condition.

Social or physical distancing is a scientifically proven way to reduce the person-to-person spread of COVID-19. Some regular group events and meetings may have been:

- Canceled
- Rescheduled
- Taken place online or over the phone.

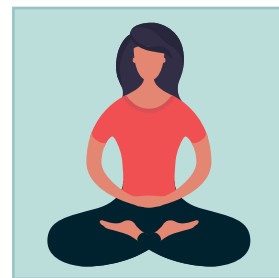
This is a preventive measure to help keep the community healthy.

What can I do to support my mental health during this time?

Fear and worry are normal feelings that people experience during this time. It is important to take care of yourself and others. Seek help from your health care provider if stress interferes with your daily activities.

Some things you can do to support yourself:

- Avoid paying too much attention to media coverage of COVID-19. Take breaks from watching, reading or listening to news. It can be upsetting to hear about the crisis and see images all the time. Try to do something you enjoy.
- Take care of your body:
 - Take deep breaths
 - Stretch
 - Meditate
 - Eat healthy, well-balanced meals
 - Exercise regularly
 - Get plenty of sleep
 - Avoid alcohol and other drugs.
- Make time to unwind. Remind yourself that strong feelings will fade.
- Connect with others. Share your concerns and how you are feeling with a friend or family member. Keep healthy relationships.
- Check in with your community (neighbors, family, friends, etc.) if you are able. Keep in contact through phone calls, text messages or social media.
- Keep a sense of hope.
- Keep thinking positive thoughts.



How can I stay connected if I can't gather with my community?

It is important during times of stress to support each other. One way to cope with these emotions is to connect with people you care about and who care about you. "Social distancing" is really about keeping **physical** distance. We can and should keep social connections during this time.

Social or physical distancing requires people to avoid places where they cannot keep six feet between them and others. Keeping distance is an important way to protect everyone in our community from the spread of COVID-19.



We are all looking for creative strategies to connect with people. Here are some ideas:

- Use text messaging: Reach out to people individually or create a group chat where you can discuss things together.
- Make phone calls a regular part of your relationships.
- If you can, try video calls using services such as Skype, FaceTime or WhatsApp.
- Send letters or emails to share your feelings and let people know you are thinking about them.
- Ask others how they are doing and how they are taking care of themselves.

We are all in this together!

Remember, viruses don't discriminate. Neither should we. Anyone exposed to COVID-19 could get it, regardless of a person's race, ethnicity or nationality.