

Tips of the Week

1

When supporting individuals, offer visuals to help them describe what they're feeling.

2

Give individuals time to get comfortable going out into the community again.

3

Before going into the community be sure to prepare the individual in advance for the change in routine and ensure understanding of the importance of and how to maintain social distancing, avoiding crowds and practicing good hygiene.

4

Many public buildings have new rules for people entering. It is important to look for new signs and markers.

5

When going to a store or other indoor environment, wear a cloth mask to reduce transmission of the virus.

6

Keep washing your hands to stay healthy!