



# Talking Tazewell

## AOK Connection

### Working and Learning from Home During COVID-19

COVID-19 has brought on many challenges for families. Families may be juggling multiple roles: parenting, teaching and working from home. That's a lot and can take a toll on both your physical and mental health. It can be a very exhausting and stressful time. Here are some tips from the American Academy of Pediatrics to help cope with this 'new normal' until the virus is under control.

- ◆ Take a deep breath
- ◆ Keep a routine as much as possible—wake up, get dressed and have breakfast at the same time.
- ◆ Find a place where everyone can do their work most effectively without distractions, if possible.
- ◆ List times for learning, exercise, and breaks for all (both morning & afternoon).
- ◆ Schedule a time for lunches and snacks. Some schools are providing snack bags for take home.
- ◆ Stick with normal bedtimes as much as possible during the week to make sure everyone gets enough sleep.
- ◆ Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic and other news may increase anxiety and stress.



Staying home and other social distancing recommendations may feel like a lot right now, but it's the best way right now to protect your family and friends who may be vulnerable. If anyone starts showing symptoms of COVID-19, call your doctor to discuss.

[www.aap.org](http://www.aap.org)

[www.healthychildren.org/English/Pages/default.aspx](http://www.healthychildren.org/English/Pages/default.aspx)

### Fun Family Home Activities



#### Make Superhero Capes

To make yours, grab an old T-shirt and cut everything below the collar – only halfway around – to keep the collar intact. Once you cut halfway around the collar, cut down the back of the shirt on both sides to create the cape.



#### Create a Happiness Box

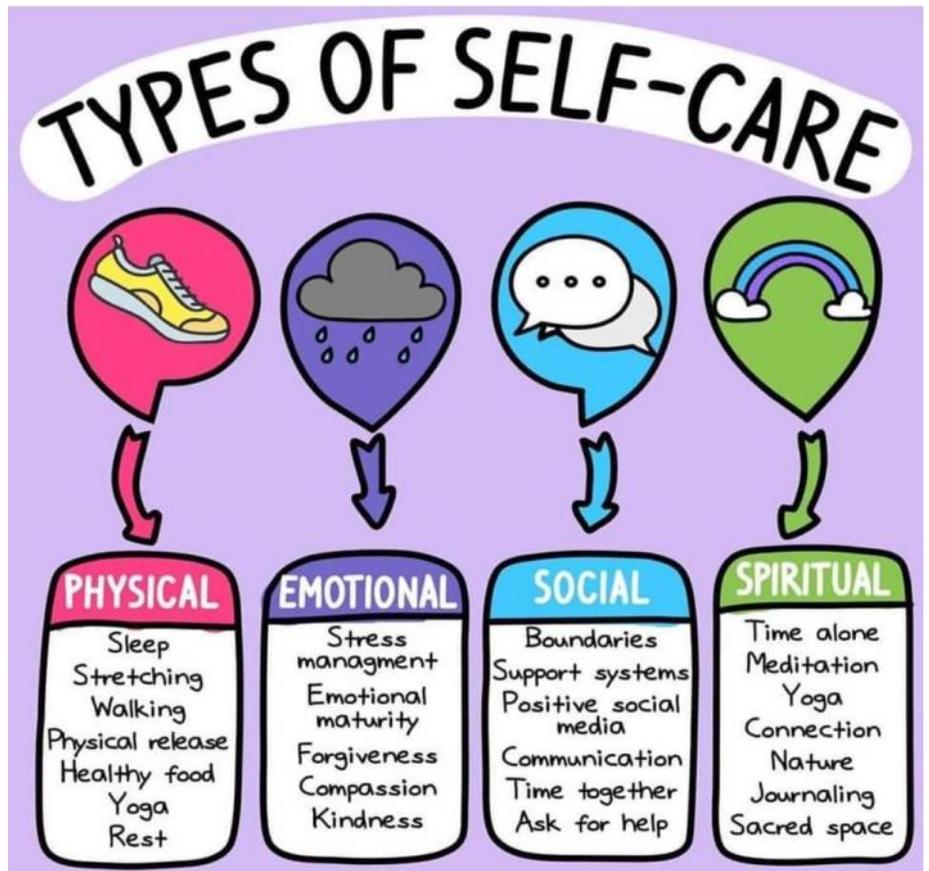
Decorate an old shoebox with bright colors, smiley faces, suns and other happy things. Once the outside is decorated, fill the box with things that make your child happy – their favorite book, a photo that makes them smile, their favorite jokes, pieces of candy, a letter from a loved one, etc. Tell them that whenever they feel sad, they can open their happiness box and feel better.

## Mental Health

Free emotional support text line, Call4Calm, for Illinois residents experiencing stress and mental health issues related to COVID-19. Individuals who would like to speak with a mental health professional can text "TALK" to 5-5-2-0-2-0, or for Spanish, "HABLAR" to the same number: 5-5-2-0-2-0.



## Self Care To-Do List



### contact tracing

## answer the call

If you test positive for COVID-19 or were in close contact with someone who did, a public health worker will follow up to help you take precautions.



[allin.illinois.gov](http://allin.illinois.gov)

all  
illinois

The holiday season is right around the corner. As we prepare for festivities with family and friends, NHTSA wants to remind all drivers of the dangers of drunk driving.

Drug-impaired driving is also a problem on America's highways. Like drunk driving, **drug-impaired driving is impaired driving**, which means that it is dangerous and illegal. Whether the drug is obtained legally or illegally, driving while drug-impaired poses a threat to the driver, vehicle passengers, and to other road users.

