TIPS TO GET THROUGH THE CODIV-19 VIRUS

Don’t panic, we will all get through this. Some of the tips can be helpful to pass the time and interact with your family.

Besides the obvious, washing hands, cleaning surfaces and keeping social distancing. Separate individual used items. Have each person wash their own dishes, and utensils. This is an opportunity for parents to teach valuable life skills.

Use the internet to find fun and useful recipes that make the most of the items you have at hand. There are plenty of recipes that use simple ingredients. Think of when there was just the basics available at the early part of the last century. Rice and beans were a simple but readily available food staple back in the early part of the 20th Century.

Use technology to interact with distant and local relatives, this alleviates stress and keeps everyone in contact with one another. But still allows for social distancing to slow the spread of the virus.

This is also a perfect time for parents to interact with their children, play board games, read books, (e-books) are plentiful and most free on most platforms especially the classics.

There is not a need to hoard supplies, ensure that you have 14 days of prescription drugs, over the counter medications like ibuprofen and anti-diarrheal. There is no need to hoard toilet paper as this interrupts the supply and demand causing suppliers to try and keep up with an unnecessary increase in production.

Don’t interact with delivery drivers, Amazon, UPS, USPS etc. As this will help the spread of CODIV-19 and also expedite their routes to make deliveries on time.

Its okay to go outdoors and get fresh air, have the kids play in the yard and get physical activity. Also with the weather at an almost perfect temperature open the windows and get the air moving through the house. This also allows you to turn off the A/C and cut down on electric use and save money.

Keep up with your local government for updates on the progress of the situation along with the CDC and the World Health Organization. But don’t over saturate yourself with watching the news, this causes anxiety and panic. Follow good hygiene practices and social distancing.