



COVID -19 UPDATE #1

Coping with COVID-19

1. List of essential businesses that are open:
<https://www.inquirer.com/health/coronavirus/spl/pennsylvania-coronavirus-list-life-sustaining-businesses-shutdown-order-20200319.html>
2. Only leave the house when necessary. Follow the advice of the governor, mayor and the doctors.
3. Fill essential prescriptions. Most pharmacies will deliver.
4. Stock up on nonperishable canned and dried foods. Many large grocery stores deliver.
5. Keep a reasonable amount of emergency cash on hand.
6. Keep your car filled with gas.
7. Keep your heating oil tank filled.
8. Keep your cell phone charged
9. Consider banking online.
10. Exercise by taking short walks, but keep a social distance (6 feet) when passing or greeting other people.

Stay healthy by realizing that things will return to normal.

1. Call friends and neighbors who live alone. Stay connected with others.
2. Don't look at the stock market or your investments. They will recover.
3. Have lunch with friends or contact your grandchildren and relatives by using Face time, Skype, or Zoom.
4. Download or read books.
5. Many churches, synagogues and mosques stream live services online.
6. Don't listen constantly to the news. Take a break from media coverage.
7. Watch uplifting movies on TV or download favorites to your computer or tablet.
8. Structure your day by keeping a routine rather than just sitting and worrying.
9. Bake cookies, make homemade bread or try new recipes.
10. Think about what you want to do when the crisis is over.
11. Create a menu of personal activities that you enjoy, select one and try it on one day at a time.
12. Take breaks, get plenty of sleep, exercise and eat well.