FINANCIAL MANAGEMENT

- Learn about the government support offered during this crisis.
- Learn about possible hardship adjustments in financial and other contracts.
- Revisit and modify the budget taking new priorities into consideration.
- Rebuild savings slowly.
- Take advantage of lower interest rates and fluctuating stock markets.
- Take advantage of online technology to manage your money as well as to compare terms and search for the best offer available.
- Manage debt.
- Protect your credit score.
- Watch out for fraud.

STRESS MANAGEMENT

- Set and maintain a routine at home.
- Focus on things you can control.
- Use technology to maintain social connections with your loved ones.
- Consider a regular check-in schedule to give you something to look forward to.
- Focus your thoughts on the present and things to be grateful for today.

- Engage in activities to reduce stress: Listen to music, read books, prayer etc...
- Consume reliable news sources that report facts and avoid media that sensationalizes emotions.
- Limit your exposure or take a break from news and social media if you find that it makes you anxious.
- Lean on your personal beliefs and faith for support.
- Look for ways to help your community, such as checking on neighbor, or donating supplies or money to local organizations etc...
- Acknowledge and appreciate what others are doing to help you and your community.

Information in this patient education material is from the Following sources

Centers for Disease Control and Prevention
www.cdc.gov

US Food and Drug Administration
www.fda.gov

World Health Organization
www.who.int/travel-advice

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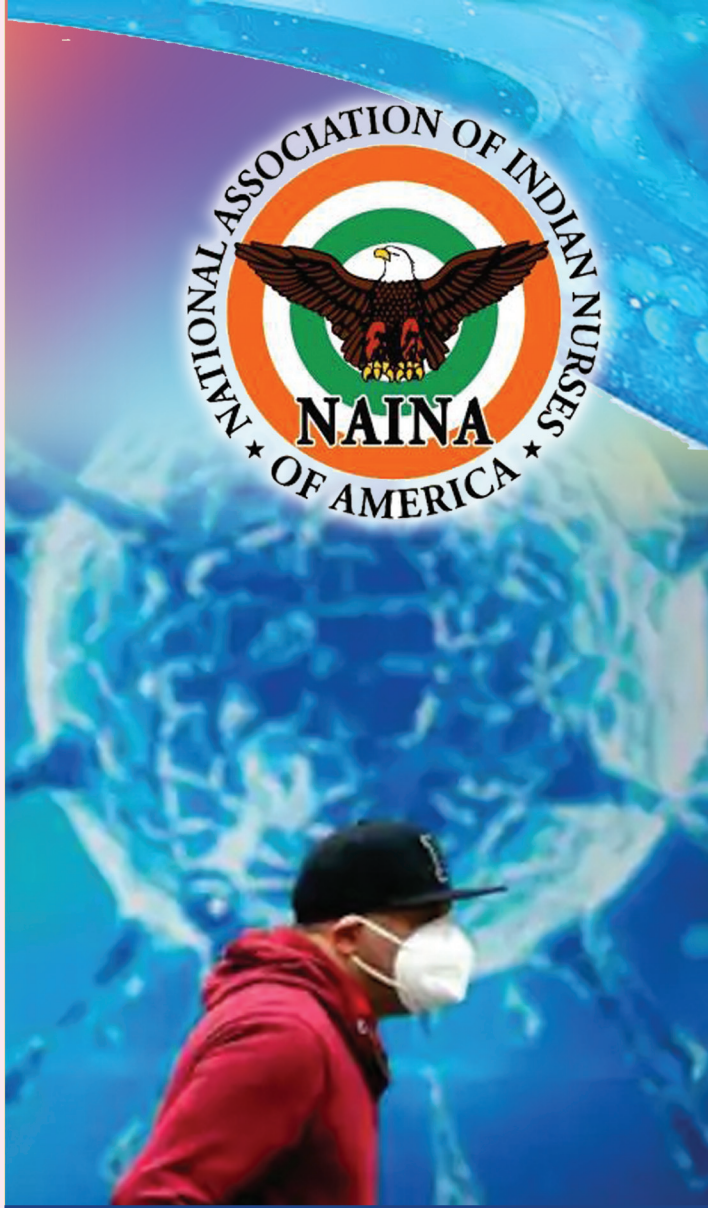

SAFE LIVING IN COVID-19 ERA

www.nainausa.com
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PUBLIC TRANSPORTATION SAFETY

- Wear mask when in public and while using public transportation.
- Stay out of crowded places & practice social-distancing whenever possible.
- Consider travelling during non-peak hours.
- Limit touching frequently used surfaces like kiosks, touchscreens, fingerprint scanners, ticket machines, turnstiles, handrails, elevator buttons & benches.
- Use alcohol-based hand-sanitizers and avoid touching your face or hair.

AIR TRAVEL SAFETY

- Discuss travel with your health care provider and avoid travelling if sick.
- Limit carry-on baggage.
- Stay seated if possible. Wash hands frequently and avoid touching your face. Wear mask and keep distance from people.
- Adjust the overhead air nozzle to point straight at your head and keep it on full.
- Notify the on-board medical personnel if you get sick or notice someone who is obviously sick.
- After reaching your destination, monitor your health and self-quarantine.

SHOPPING SAFETY

- Prepare the shopping list in advance and plan to buy items for 1-2 weeks.
- Consider shopping online to minimize exposures.
- Avoid visiting public places when sick.
- Wear your mask, use hand-sanitizer and social distancing.
- Avoid shopping during peak hours to limit exposure to large crowds.
- Use disinfectant wipes on the shopping cart handle prior to and after your use.
- If you are using gloves, remove it as soon as you are done with shopping and wash or sanitize your hands.
- Wash your hands as soon as you reach home.
- Wipe the packages with sanitizing wipes if needed, let it air-dry and then put the groceries in the pantry.

SOCIAL GATHERING SAFETY

- Avoid social gatherings as much as possible.
- Practice social distancing, wear mask, and use hand hygiene.
- Avoid handshakes and minimize touching commonly used surfaces.
- If you develop any symptoms of COVID-19, alert the people whom you were in contact.

GOING BACK TO SCHOOL

- Stay at home if you are sick and inform the school authorities.
- Notify the school if you or your close contacts have been diagnosed with COVID-19.
- Stay in touch with your school and keep track of any school dismissals.
- Advise your children to practice social distancing in the school & bus and discourage gathering when school is dismissed.
- Encourage your children to build immunity by eating healthy food, drinking plenty of water, getting daily activity and getting adequate sleep.
- Encourage children to take their home lunch and discourage sharing with their friends.
- Send water bottles with your children and advise them to avoid drinking from the water fountains.
- Remind children to use their own school supplies and avoid sharing with others.
- Teach your children on the appropriate use of face covering & hand washing.
- Encourage children to cover their cough & sneeze with a tissue and throw the tissue in the trash as soon as possible and wash their hands
- Clean & disinfect school bags after coming home. Encourage your children to take daily baths and change to home cloths before doing any other activity.