PREPARING FOR AN OUTBREAK

- Identify Some Trusted Sources of Information to Keep Up To Date
- Hold Family discussions In A Comfortable Place And Encourage One Another To Ask Questions
- Create A List Of Community Resources
- Create A Plan To Keep Connected To Others and Schools.

CONTACT US

MHP COLORADO
+1 303 443-8500

KIDCONNECTS WARMLINE
For Parents/Caregivers of 0-5 years olds
+1 303 245-4418

Boulder County And Broomfield Colorado

www.MHPCOLORADO.ORG

PARENT GUIDE
To COVID-19

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COPING WITH STRESS AND ANXIETY

- Practice Self-Care as a Family (Do Group Activities and Encourage Healthy Activities)
- Seek Support and Connect With Friends and Family
- Limit News and Social Media Exposure

Ask Your Children Encouraging Questions

"How Are You Feeling Today? What Is It That I Can Do For You? What Do You Need?"

REDUCING YOUR FAMILY'S RISK

Practice Prevention as A Family:
- Wash Hands Regularly for 20 Seconds With Soap and Water
- Use Hand Sanitizer
- Avoid Contact With People Who Are Sick
- Stay Home When Sick
- Cover Your Mouth And Nose When Coughing/Sneezing

SEEKING ADDITIONAL SUPPORT

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+1 303 245-4418

SAMHSA Disaster Distress Helpline
+1 800-985-5990

Source: CDC