

# UNITY IN COMMUNITY

You can be a hero by supporting and protecting elders during the COVID-19 epidemic



New Mexico Children,  
Youth & Families Department

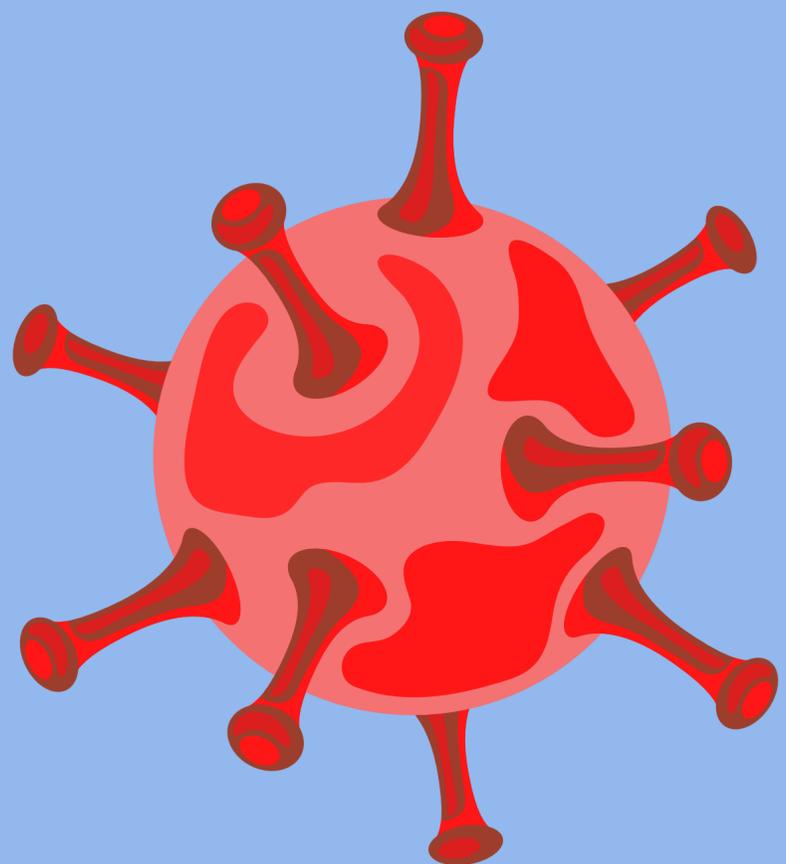


*(First, just a little bit of info)*

# ABOUT COVID-19

COVID-19 is a disease caused by a virus known as the "novel coronavirus."

It's called "novel" because it's new to the human species.



*New?*



Yes, this coronavirus is new to humans.

But, there are a lot of viruses that belong to the family of coronaviruses - *in fact*, the common cold is also a type of coronavirus.

*Oh! Ok.*

*Just a tiny bit  
more...*

# ABOUT COVID-19

We know that it's spread  
through close human  
contact.

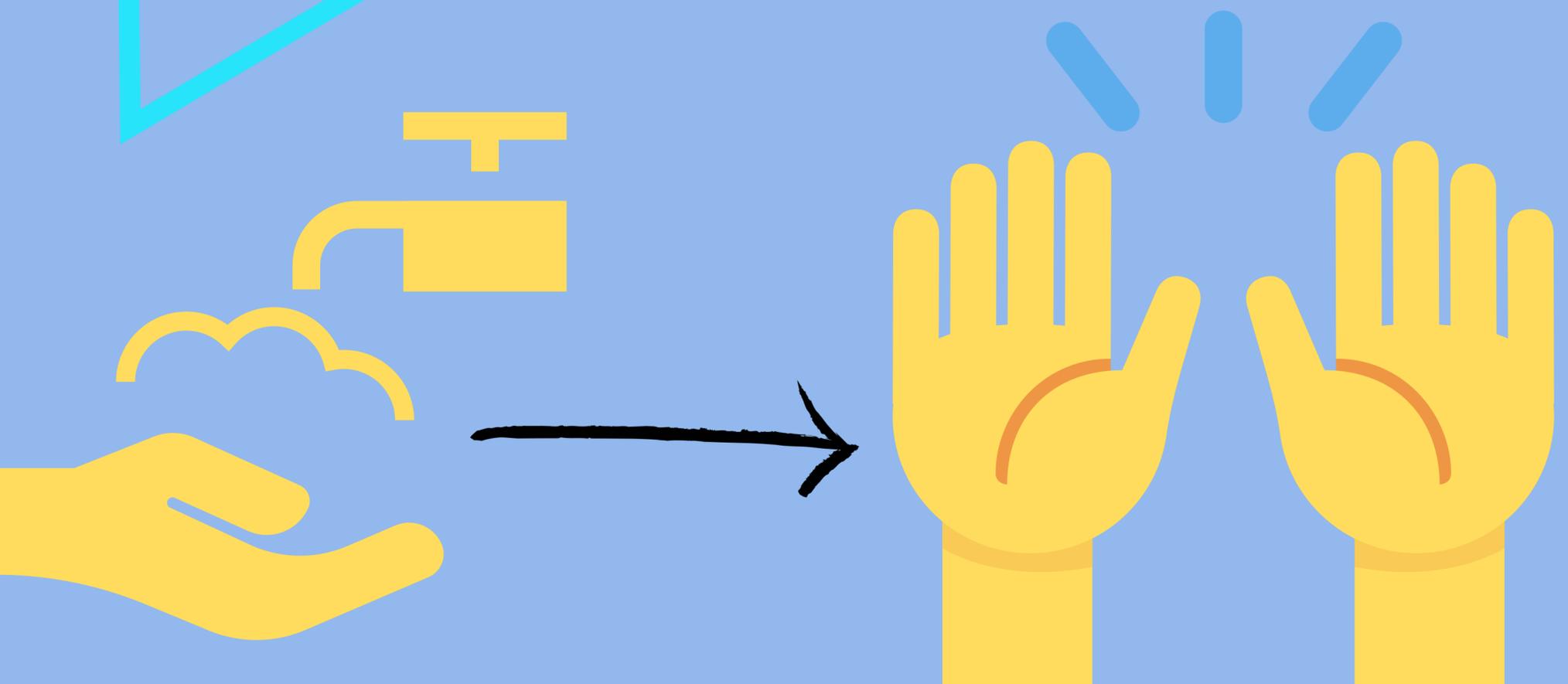
That's why people are staying home  
and keeping physically distant from  
one another right now.



*Ok, last bit of info. :)*

# ABOUT COVID-19

You can also do a few other things to limit your risk of catching this virus.



Wash your hands frequently.

Try not to touch your face.

Cover your mouth with a scarf or a mask when you have to be in public.

Use household cleaners to wipe down surfaces, especially doorknobs and phones - things people touch a lot.

# Ok, but what about my elders?



The disease seems to be more severe for people over age 60 who get infected...

And generally less severe for people under age 30.

The younger you are, the less likely you are to get very sick.

However, young people and people without symptoms **can still carry the virus** and infect others.

**But, don't worry...**

# *Knowledge is Power*

*Keeping elders safer  
is not hard, but it  
helps to get  
creative!*

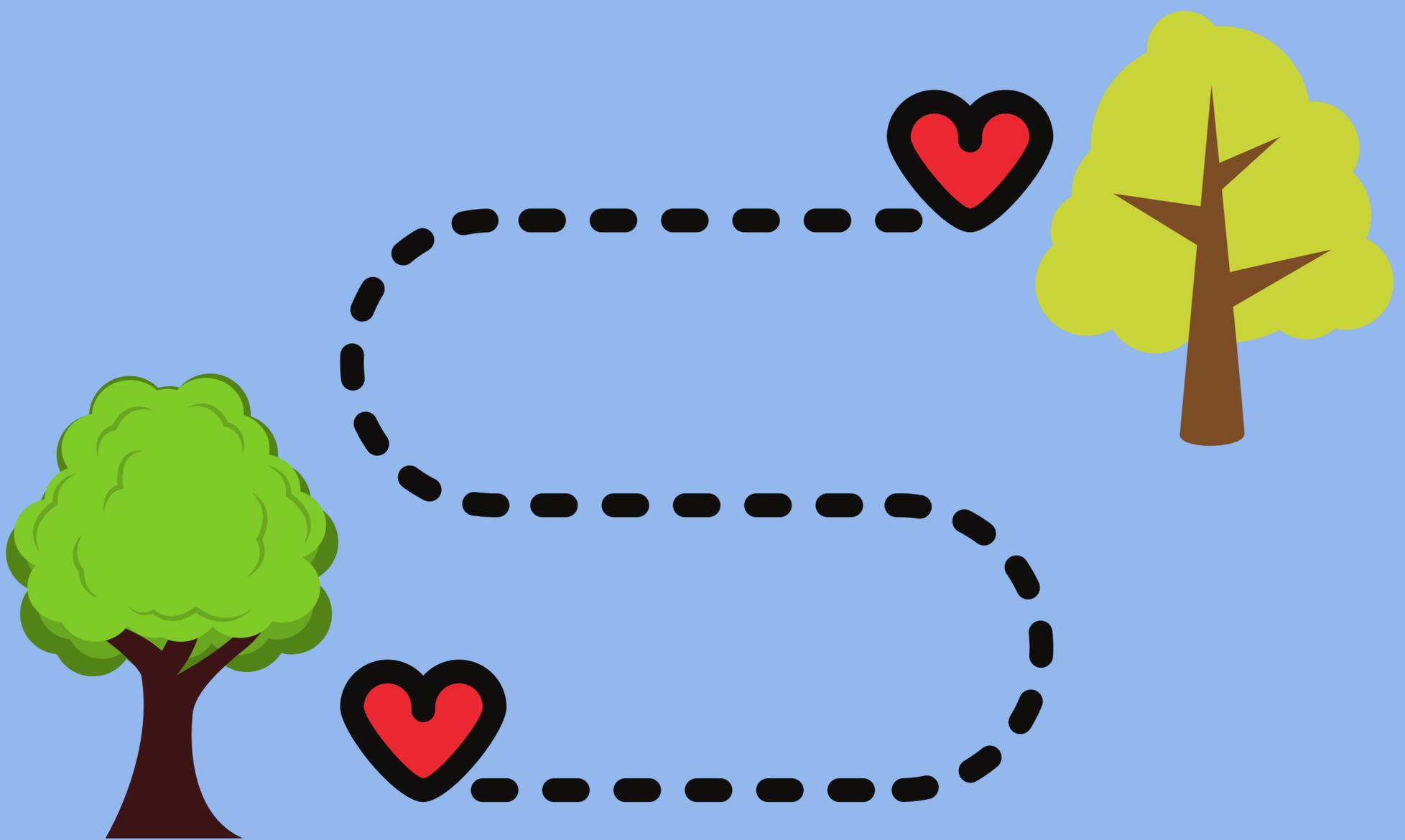
"Social Distancing" is what we're calling the efforts we're taking to not be physically near one another.



However - calling it "physical distancing" would be more accurate.

# *Help Your Elders*

Visiting with relatives outside,  
not indoors,  
while staying at least 6 feet apart  
is still considered safe.



Right now, the Governor of New Mexico has limited group gatherings to no more than 5 individuals, even outside.

# Help Your Elders

Helping elders stay at home and indoors as much as possible is important right now.

"Oh, thank you sweetheart. Love you, too."

"Nana, your food is outside on the doorstep. Love you!"



You can help them by picking up groceries or medications for them and dropping it off outside of their home.

Washing hands and using gloves when possible helps to not transfer germs.

# Help Your Elders

"All of this feels so new to me. Does it feel new to you?"

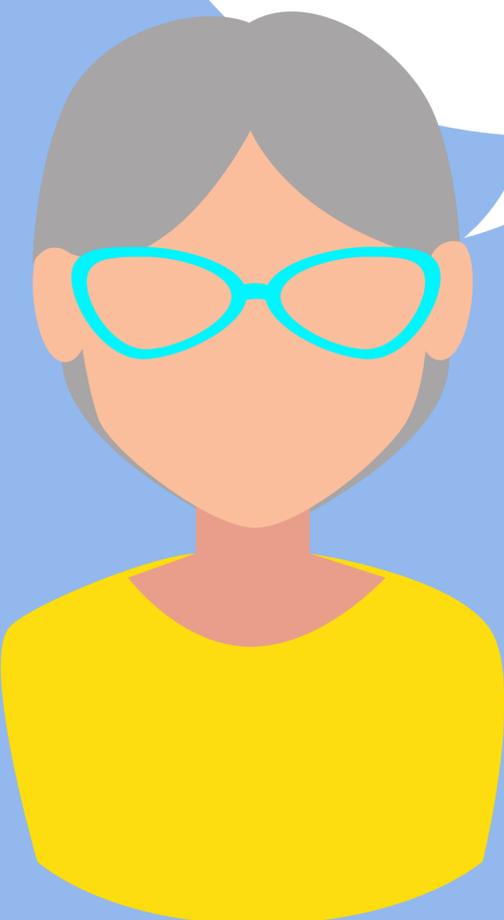
"Actually, this is very similar to a time when I was a kid..."



This is also a really good time to reconnect and build deeper bonds.

Call, email or send letters to your relatives. You can interview your family members about their lives, if you haven't yet.

# Help Your Elders



My friend wanted to come over but I said no.



Thank you for keeping yourself safe. Social distancing is hard but I love you, so please keep doing it.

Call and check in with your relatives. Make sure they have what they need. And offer to help them as often as possible.

Also, make sure **they** know how to protect themselves against coronavirus!

# Self-Care Tips For You and Anyone

Be sure to take care of yourself, right now. Here are some self-care tips to help you and anyone you know.



Exercise! Get your heart rate up, jumping jacks, sit-ups, solo basketball, etc.

Read. Write. Play games with those in your home.



# Self-Care Tips For You and Anyone



Meditate - close your eyes and focus on your breath for 1 minute.

Communicate your needs and talk about your concerns - with a trusted adult or friend who can help (but keep physical distance).



# *Self-Care Tips For You and Anyone*

Give yourself space - go for a walk by yourself, a bike ride, find a room where you can be alone or use music to find solitude.



Focus your attention on trusted news sources, whether on social or traditional media.