



802 S. Valerie Street | Abbeville, Louisiana 70510
337.385.2565 | fax 337.385.2904
1515 Jefferson Street | Lafayette, Louisiana 70501
337.534.0683 | fax 337.534.8004
UnitedWayofAcadiana.org/EarlyHeadStart
@UWAEarlyHeadStart

LIVE BETTER. LIVE UNITED
at **UWA EARLY HEAD START**

Hello – My name is Deidra Lewis and I am the Health Specialist for United Way of Acadiana Early Head Start. It is important that you remain informed during this crisis. I will provide you with weekly updates regarding the impact of the coronavirus locally and nationally and I will continue to share safety tips and tools to guide you and your family through this pandemic.

If you have any health related questions or concerns, please contact your Center Director. I will be a resource them as needed. Stay safe,

Deidra Lewis, Health Specialist

How Coronavirus-2019 Spreads

The virus is thought to spread mainly from person to person:

- When they are in close contact with one another (within about 6 feet)
- Via respiratory droplets produced when an infected person coughs or sneezes
- These droplets may be inhaled or can land in the mouths or noses of people who are nearby
- By touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes
- This is not thought to be the main way the virus spreads

People are thought to be most contagious when they are sickest. Some spread may be possible before people show symptoms, but this is not thought to be the main way the virus spreads.

Prevention Strategies

Currently, there is no vaccine to prevent coronavirus disease. The best way to prevent illness is to avoid exposure. The following everyday actions can help prevent the spread of respiratory diseases:

- Avoid close contact with people who are sick
- Frequently wash your hands with soap and water for at least 20 seconds
- Avoid touching your eyes, nose, and mouth
- Stay home when you are sick
- Cover your cough or sneeze with a tissue or the inside of your elbow, then throw the tissue in the trash and wash your hands
- Clean and disinfect objects and surfaces using cleaning, sanitizing, and disinfecting solutions

Wash your hands often with soap and water for at least 20 seconds. This is especially important after going to the bathroom, before eating, and after cleaning, blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if they are visibly dirty.

CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including coronavirus.

These are everyday habits that can help prevent the spread of several viruses.

Treatment

There is no specific antiviral treatment recommended for the coronavirus at this time. People who think they may have been exposed to coronavirus should contact their healthcare provider immediately.

Manage Anxiety & Stress

Stress and Coping

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Things You Can Do To Support Yourself

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Connect with friends and family members limiting to 10 people in one place.
- Make time to unwind. Try to do some other activities you enjoy. Outdoor play is a great option for children if the weather permits.
- Talk with people you trust about your concerns and how you are feeling. Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call

- 911
- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)