

# Health Ministry Partnership Bi-Weekly Newsletter

## Staying Healthy, Body & Mind during COVID-19



### • COPING WITH COVID-19



#### **Gratitude exercises**

- Wake up every morning and name 5 things you're grateful for. Anything!
  - Smile in the mirror and set positive intentions for the day. Reach out and check in on your friends and family.
  - Find time every day, 10-15 minutes, to reflect on how precious life is.
  - Know that we're all in this together. Be compassionate to all.
- Info card provided with more details. Feel free to distribute!
    - Spanish language version included.
  - Rushford – How may we help you? <https://rushfordbeta.prod.hartfordhealthcare.org/>

### • CONNECTIONS THAT MATTER

- Guide to all kinds of free or reduced-cost services. Help and support near you — like medical care, food, clothing, job training ... and lots more!
  - Easy to navigate with a simple zip code search
  - Local, state, and federal programs are listed
  - Translates into over 100 languages
- Info card provided. Feel free to distribute!
  - Spanish language version included.
- To find out more, please click here: <https://connectionsthatmatter.org/>

## **Do Your Part To Slow The Spread Of The Corona Virus**



Even if you're young, or otherwise healthy, you are at risk and your activities can increase the risk for others. It is critical that you do your part to slow the spread of the Corona Virus.

- **Promote and practice every day preventative actions.**
  - Frequently **wash hands** with soap and water for at least 20 seconds. If soap and water are not readily available use hand sanitizer with at least 60% alcohol.
  - Cover coughs and sneezes with a tissue or use the inside of your elbow.
  - Clean frequently touched objects and surfaces.
  - Stay home when sick.
    - Sick individuals should not leave their home except to fill critical needs or to receive medical care, and only after a telehealth visit to determine if leaving the home is in the best interest of their health.
  - If you must leave your home, do not travel in groups -groups must be limited to workers providing essential services
  - Limit outdoor recreational activities to non-contact and avoid activities where they come in close contact with other people.
  - Limit use of public transportation to when absolutely necessary and should limit potential exposure by spacing out at least 6 feet from other riders.
  - Do not engage in public community gatherings of individuals of any size for any reason (e.g. parties, celebrations or other social events).
  - Young people should practice social distancing and avoid contact with vulnerable populations.
- **Need to know when and how to wash your hands? Click here:**  
<https://www.cdc.gov/handwashing/when-how-handwashing.html>

### **Additional Resources**

- To make a charitable donation to HHC's Central Region COVID-19 Fund, please visit the following:
  - MMC: <https://midstatemedical.org/giving>
  - HOCC: <https://thocc.org/giving>
- For all the latest news & updates from HHC:
  - HHC Health & Wellness Corona Virus - [www.hartfordhealthcare.org/coronavirus](http://www.hartfordhealthcare.org/coronavirus).
  - Spanish-language version available at <https://espanol.hartfordhealthcare.org/pacientes-y-visitas/coronavirus-covid-19>.
  - COVID-19 hotline at **860.972.8100**
  - Text **COVID19** to **31996** for daily updates
- Follow the Hartford HealthCare Facebook page for daily updates during our morning press briefings - <https://www.facebook.com/HartfordHealthCare>
- Hartford HealthCare - How may we help you? - <https://hartfordhealthcare.org/>
- Centers for Disease Control (CDC): <https://www.cdc.gov/>