

Special Edition - May 4, 2020

CLARK COUNTY DISTRICT G NEWSLETTER

Clark County Commissioner Jim Gibson



Hello District G Residents,

Last week, The Roadmap to Recovery, the State's plan to reopen the economy, and put Nevadans back to work while continuing to employ safeguards against #COVID19 was announced. On April 30th, Governor Sisolak spoke about how important the next 15 days will be, as it will include our active transition to a safe and methodical reopening of our economy. As the governor relayed to Nevadans several times last Thursday, "The timetable will be determined by the behavior of Nevadans". A copy of the full plan can be found at <https://nvhealthresponse.nv.gov/wp-content/uploads/2020/04/NEVADA-UNITED-ROADMAP-TO-ECOVERY.pdf>.

While Nevada has not yet met the reopening criteria, the decision to ease restrictions on certain retail operations and some outdoor activities before entering Phase 1 was enacted. As of May 1st, these changes include:

- All retail businesses will be allowed to operate under curbside commerce models, similar to curbside pickup currently allowed for restaurants and eateries.
- Drive-in services are now permitted for places of worship, as long as congregants stay in a vehicle and maintain at least 6 feet of social distance from people not in their household.
- Relaxing restrictions on outdoor activities, including golf, pickleball, and tennis, as long as they do it safely and in a way that prevents the spread of Coronavirus.

I am still asking small businesses to share any hardships that they may be experiencing as they get ready to reopen. If you own a small business, or know of someone that is a small business owner in District G, please make sure to fill out my survey by clicking: https://survey.co1.qualtrics.com/jfe/form/SV_bwOMWrDft5LyP4x

As always, do not hesitate to email us at ccdistrG@clarkcountynv.gov or call our office at (702) 455-5561 with any questions or concerns. You can also follow us on Facebook at www.facebook.com/jim.gibson, Instagram [@CommishJGibson](https://www.instagram.com/CommishJGibson) or Twitter [@CommishJGibson](https://twitter.com/CommishJGibson).

Jim

Roadmap to Recovery Reopening Plan for Nevada, Gov. Sisolak Announces Extended Stay at Home Directive with Initial Easing of Restrictions

Governor Steve Sisolak announced that he has signed a directive extending a majority of the Stay at Home measures through mid-May, but will be easing some restrictions starting on May 1, 2020.

Nevada will continue to remain under the Stay at Home order, but this new directive signed today will allow Nevadans expanded outdoor and recreational activities and provide some relief for our small business owners. These changes include:

- All retail businesses will be allowed to operate under curbside commerce models, similar to curbside pickup currently allowed for restaurants and eateries
 - This now includes curbside for retail cannabis dispensaries
- Drive-in services are now permitted for places of worship, as long as congregants stay in a vehicle and maintain at least 6 feet of social distance from people not in their household
- Relaxing restrictions on outdoor activities, including golf, pickleball, and tennis, as long as they do it safely and in a way that prevents the spread of COVID-19

The loosening of restrictions listed above and in the directive will become effective on Friday, May 1, 2020. All other directives currently in effect will be extended through May 15, or until the state meets the necessary criteria set forth last week and consistent with the White House guidelines to demonstrate the state is making sufficient progress to slow the spread of COVID-19. If the State continues in a positive direction and meets the criteria, the start of the next phase could begin earlier than May 15. At that time, a Phase 1 directive will be issued.

While Nevada has not yet met the reopening criteria, the decision to ease restrictions on certain retail operations and some outdoor activities before entering Phase 1 was based on the State's progress so far toward meeting the specific benchmarks, including positive case and hospitalization trends, along with testing and case contact tracing capacity.

"Nevadans have done an incredible job at staying home for our state, and as we work diligently to meet the reopening criteria, I wanted to begin some initial incremental changes that will make our full transition into Phase 1 smoother and positively impact our communities and small businesses," said Gov. Sisolak. "Our ability to enter the next phase and any subsequent phase of reopening will be determined by the continued commitment of Nevadans to follow aggressive social distancing guidance and requirements."

Under the extended directive, businesses that previously were directed to be closed will remain closed, including salons, barber shops, bars and casinos, among other things. Businesses that are deemed essential may still be open, and must still comply with

strict social distancing standards and other safety measures to keep workers and clients safe.

Gov. Sisolak will present Nevada United: Roadmap to Recovery during a press conference on Thursday, where he will outline the projected phases and structure for how Nevada and local partners will navigate our way through this public health crisis. More details on the press conference will be released shortly.

DIRECTIVE 016 (signed today and attached) extend the following directives through May 15:

- 003 – Essential v. Non-Essential
 - With two amendments, as outlined above: curbside and delivery for nonessential retail, and curbside for retail cannabis dispensaries
- 004 – DMV auto extension
 - With an amendment that says any drivers' license or other card issued by the Department of Motor Vehicles that expires during the time that the DMV is closed to the public, the expiration date is extended for 90 days after the day the DMV offices reopen to the public.
- 006 – Open meeting law
- 007 – Social Gatherings
- 010 – Stay at Home #1
- 013 – Stay at Home #2
 - With the two amendments as outlined above: drive-in services are now permitted for places of worship, as long as congregants stay in a vehicle and maintain at least 6 feet of social distance from people not in their household and relaxing restrictions on outdoor activities, including golf, pickleball, and tennis, as long as they do it safely and in a way that prevents the spread of COVID-19

**All other Directives remain in effect until the state of emergency is over or they have become obsolete by subsequent Directives.

Gov. Sisolak Signs Directive to Protect Nevadans from Garnishment of COVID-19 Related Funds

Governor Steve Sisolak has signed an emergency directive to temporarily provide economic relief to Nevadans by freezing some garnishment actions and executions of judgments against bank accounts, including Nevadans receiving CARES Act fund.

"During this period of economic uncertainty and hardship, this is not the time to create additional financial stress on Nevadans who are struggling to make ends meet," Gov. Sisolak said. "This measure ensures that federal stimulus money intended to help Nevada's families and individuals actually stays in their pockets."

Directive 017 does not apply to judgments for child support, spousal support like alimony, or to restitution to victims of crimes.

Nevada joins other states in issuing temporary protection to prevent such garnishments, including its Western state partners – Oregon, Washington, and California.

NEVADA UNITED: Roadmap to Recovery

Federally Supported | State Managed | Locally Executed

STAY HOME FOR NEVADA

Businesses – Directive 003

Essential Businesses open with restrictions*, including: restaurants, grocery stores

Non-essential businesses closed (including casinos)

Social Distancing/Public Life

No gatherings of 10 or more people with certain exceptions

Strict social distancing guidelines to promote stay at home directive

No non-essential travel. Travel Advisory remains in place.

Now through May 15 or until state meets reopening criteria

LEAP & MAT meeting to develop recommendations for Governor Directives

PHASE 1: Battle Born Beginning

New Directive replacing 003** -

All Businesses

Essential Businesses open with restrictions*
Non-essential businesses may voluntarily reopen under strict restrictions*

Exceptions to Phase 1 Openings

Bars, nightclubs and similar operations

Social Distancing/Public Life – New Directive**

No gatherings of 10 or more people with certain exceptions
Strict social distancing guidelines to promote safer at home

No non-essential travel. Travel Advisory remains in place.

--- All decisions on how gaming establishments reopen will be determined by the Nevada Gaming Control Board ---

Starting May 15 or when state meets reopening criteria

DURATION: Approximately 3 weeks depending on state maintaining criteria

LEAP & MAT meeting to develop recommendations for Governor Directives

FUTURE PHASES

New Directives**

Restrictions on businesses will remain but will relax through future phases

Social distancing measures will remain in place to reduce risk of community spread/follow CDC Guidelines, but will relax through future phases

*Restrictions

- State Directives
- COVID-19 risk mitigation measures that reduce the risk of community spread/follow CDC guidelines
- Workplace – OSHA restrictions
- Industries – Strict limitations on industries regulated by the Nevada Department of workplaces, mining, construction
- State and local government – regulatory authority

Local Empowerment Advisory Panel (LEAP)

Led by urban and rural county commissioners. Develops recommendations to inform future Directives on setting and easing of restrictions on businesses, social distancing/public life.

COVID-19 risk mitigation measures drive decisions.

State Medical Advisory Team (MAT)

Develops recommendations to inform future directives

**New Directives – Phase 1 and Future Phases

State Managed - Approved by the Governor

Locally Executed - Informed by recommendations from LEAP led by county commissioners. Local governments may adopt more restrictive COVID-19 risk mitigation measures

Clark County to Reopen Tennis Courts, Pickleball Courts, Golf and Disk Golf Courses

Per Gov. Steve Sisolak's latest directive, effective Friday, May 1, Clark County will reopen all of its tennis courts, pickleball courts and disk golf courses throughout the Las Vegas Valley. The unlocking of tennis and pickleball courts will happen throughout the morning. It is anticipated that replacing all baskets on the five disk golf courses will be completed in the late afternoon. The Club at Sunrise Golf Course will open on Monday May 4 with tee times from 6 a.m. to noon. Tee times will be available for purchase Saturday morning and must be pre-paid on the Club at Sunrise's website at <https://www.theclubatsunrise.com/-book-tee-times>.

"The coronavirus pandemic has disrupted our lives dramatically," said Clark County Commission Chairman Marilyn Kirkpatrick. "Our residents need safe recreational outlets and I'm glad we're moving in that direction with these openings."

"Recreation has always been important for your physical health, but it is especially important now for your mental well-being during times of stress and uncertainty," said Clark County Parks and Recreation Director Daniel Hernandez. "We are excited to start moving in the direction of reopening, even if it is a little at a time."

Clark County operates 100 public parks. A complete list of addresses and locations with the aforementioned reopened amenities may be found at <http://www.clarkcountynv.gov/parks/Pages/parkslocator.aspx>.

Clark County officials are continuing to monitor the coronavirus situation in coordination with state, local and federal health officials and will keep the public advised of any updates.

The Southern Nevada Health District's website, www.southernnevadahealthdistrict.org/coronavirus, is a recommended local resource for staying informed of the evolving coronavirus situation. Residents also can call the Health District's Information Phone Line at (702) 759-INFO (4636), 7 a.m. to 7 p.m., Monday through Friday. The state also maintains <https://nvhealthresponse.nv.gov/>.

Curbside Commerce Safety Protocols April 29, 2020:

How Businesses and Consumers can Safely Engage in Curbside Commerce While Maintaining Safe Social Distancing Measures

These safety measures are designed to permit our essential and non-essential retailers of all sizes to provide curbside sales of their products while adhering to consistent protocols that protect the health of both customers and employees.

Given that COVID-19 is spread through interpersonal contact, retailers that wish to offer curbside service must comply with all Nevada State Occupational Safety and Health Administration (NV OSHA) requirements, CDC guidelines, and the following safety protocols:

- Whenever possible, all sales transactions must take place in advance or via contactless payment as defined in the March 20, 2020 Emergency Regulations.
- Each transaction should be with an individual customer, one at a time, outside, in a driveway or parking lot. Any product delivered curbside must be placed in the customer's vehicle by the retail employee. No hand-to-hand delivery of product is permitted.
- Retailers selling alcohol, tobacco, or cannabis products must comply with existing rules and regulations specific to those sales and must continue to conduct age verification as required by law.

TIP: Retailers should check IDs in as contactless a manner as possible, for example, by asking customers to place their ID against the glass of a vehicle's window or windshield.

- All employees should wear face coverings that cover their noses and mouths and disposable gloves when providing curbside service. Gloves should not be used for more than one (1) customer transaction.
- Customers interacting with retail employees should also wear a face covering whenever possible. Retailers may reserve their right to refuse service to any person not wearing a mask.

TIP: Customers should be responsible for opening or closing their vehicle's door or trunk to allow for contactless delivery of the items. Customers should otherwise remain in their cars for the duration of the transaction.

- Businesses must maintain traffic flow and should establish a designated "Curbside Commerce" area.
- Businesses are strongly encouraged to schedule specific pick-up times to avoid overflow traffic or impediments to normal street traffic.
- No business may set up outdoor tables, benches, or any type of seating for curbside customers.
- Participating businesses should decline the return of goods during curbside service and make alternative arrangements for returns/exchanges.

Gov. Sisolak: Nevada ready to resume limited medical and dental procedures

Nevada Governor Steve Sisolak announced the Nevada Hospital Association is preparing to resume medically necessary procedures for care that has been delayed after the hospitals began to cease such procedures to support COVID-19 efforts to ensure hospitals could safely and effectively respond to the pandemic and provide healthcare to patients.

“While the State has been focused on battling the COVID-19 public health crisis, I know many of our hospitals, medical practices and dentist offices proactively paused medically necessary services to help flatten the curve, preserve personal protective equipment and help residents Stay Home for Nevada,” Gov Steve Sisolak said. “While many states are now rolling back restrictions, Nevada never had to restrict these surgeries by an emergency directive because our responsible communities took it upon themselves.”

This move aligns with other states in the nation, who previously restricted these types of procedures, and are now relaxing the restrictions. Nevada’s Medical Advisory Team also supports the phased-in approach to resume limited medical and dental procedures under strict guidelines.

“The Governor’s quick response to implement and maintain appropriate social distancing and close non-essential businesses, coupled with diligent health care efforts, have flattened the curve, stabilized hospitalization rates and ensured the ability of hospitals to respond to changing needs of COVID19,” said Bill Welch, president and CEO of the Nevada Hospital Association. “Nevada hospitals share the Governor’s goals for putting the health and safety of Nevadans first.”

Nevada hospitals will provide medically necessary procedures based on an established plan to safely phase-in procedures based on:

- Clinical judgment
- Established guidelines
- Sufficient availability of personal protective equipment
- Flexible policies permitting immediate response to any COVID-19 surge

Alignment with established guidelines developed by the Centers for Disease Control and other regulatory agencies.

In response to COVID-19 and the need to ensure that hospitals have the capacity to treat patients and have sufficient resources -- including personal protective equipment (PPE) -- Nevada’s medical and dental community adjusted business activities, continuing to treat patients in emergency situations, but postponing others.

This commitment to postpone routine/elective procedures, along with strong social distancing measures, and extensive surge planning helped flattened the curve. At this time, healthcare professionals may wish to consider methods of gradually restarting their operations consistent with state regulatory requirements, U.S. Centers for Disease Control and Prevention (CDC) and the Occupational Safety and Health Administration (OSHA) guidelines, state licensure boards, and direction from state and national professional associations.

A memorandum from the Department of Health and Human Services will be released to phase-in essential dental services that minimize the risk of COVID-19 transmission to patients, healthcare workers, and the community by maximizing protective measures while avoiding dental neglect and further delays in providing dental care. This phased in approach to expand dental services will address acute infections and chronic disease progression while allowing the state to monitor sustained reduction in the rate of new COVID-19 cases.

In addition to compliance with all guidelines and regulatory requirements, the following priorities should guide decisions to resume medical and dental operations:

- Minimize the risk of COVID-19 transmission to patients, employees, healthcare workers and others;
- Avoid further delays in healthcare for Nevadans;
- Maintain adequate hospital capacity in case of an increase in COVID-19 cases;
- Minimize health emergencies presenting at emergency departments;
- Reduce financial impacts to Nevada’s health system; and
- Support the healthcare workforce in safely resuming activities.

For patients, medical and dental appointments will appear different and may include pre-appointment screening questions, temperature checks before you enter the office, closed waiting rooms, a request to wash your hands or rinse your mouth in the office, and your physician, dentist, or their staff may be wearing face shields, masks, and gloves. These changes have been made to ensure that care is delivered safely and in line with infection control protocols based on national agencies such as the CDC and OSHA.



**NEVADA
HEALTH
RESPONSE**

LVMPD Reopens Services to the Public

On Tuesday, May 5, the Las Vegas Metropolitan Police Department will reopen the Records and Fingerprint Bureau, Evidence Vault, and all area command front offices to the public. The department will implement a new set of stringent health protocols to safeguard visitors and employees against any potential spread of the COVID-19 virus.

The LVMPD is still asking anyone who can access online services for records requests, telephonic reporting or Online Reporting to continue to do so. The new online CCW permit application will allow the citizen to electronically apply, remit payment, and schedule their appointment. Citizens can also go to their local area command to file a police report and access other services as well. Area commands and the Evidence Vault will reopen with normal business hours.

The Records and Fingerprint Bureau located at the LVMPD Headquarters on 400 S. Martin L. King Blvd. will operate from 7 a.m. to 5 p.m., only on weekdays. The reopening of the bureau aims to provide access for convicted felons and sex offenders who are required to register with the police.

Everyone who visits LVMPD Headquarters or its area commands is required to adhere to the following safety protocols:

- It will be mandatory that all visitors wear a mask. Visitors should bring their own masks. One can be provided, as long as supplies are available.
- Temperatures will be taken of all visitors. Anyone presenting with a fever or illness will be asked to return at a later date.
- Only citizens requiring services should be present. Visitors are advised to refrain from bringing family members or friends.
- Visitors are also asked to bring a cell phone, so they can wait safely outside until called.
- Those waiting outside will be required to exercise social distancing and stay at least six feet apart.

The expansion of additional services will be announced in the coming weeks and will be dependent upon the COVID-19 situation.

Heather Korbolic Tapped as Interim Director for the Nevada Department of Employment, Training and Rehabilitation

Nevada Governor Steve Sisolak announced the appointment of Heather Korbolic as the Interim Director of the Nevada Department of Employment, Training and Rehabilitation.

"Heather will bring a wealth of knowledge and expertise in coordinated project management and strategic problem-solving to the Department," Gov. Sisolak said. "I am confident that Heather's dynamic leadership will help strengthen our workforce-driven employment agency and increase the State's ability to assist Nevadans during this unprecedented time. "

Since September 2016, Korbolic has served as the executive director of the Silver State Health Insurance Exchange. She will continue to serve in an advisory role.

Korbolic joined the Silver State Health Insurance Exchange as the Chief Operations Officer in August of 2015 after eight years with the Aging and Disability Services Division, where she was the State of Nevada's Long Term Care Ombudsman. Her extensive background includes the interpretation and application of State and Federal regulations, legislative testimony and advocacy, project management, research and data analysis, budget administration, complaint resolutions, quality assurance development and strategic planning. Korbolic has a Bachelor of Science from the University of Oregon and is a Certified Public Manager.

Korbolic takes over the role from previous director Tiffany Tyler-Garner, who was appointed to the role in early 2019. Dr. Tyler-Garner "I want to thank Dr. Tyler-Garner for her service and dedication to the residents of Nevada during her time at DETR," said Gov. Sisolak. "On behalf of the State of Nevada, we wish her nothing but success as she pursues new opportunities. I have no doubt her leadership abilities and commitment to our communities will continue to positively impact Nevadans well into the future."

Don't Forget to Respond: 2020 Census Reminder Postcards Arriving

The U.S. Census Bureau is beginning to send reminder notice postcards to an estimated 69 million households that have not yet responded to the 2020 Census. About 53.4% of households across the country have already responded since invitations began arriving in mailboxes on March 12. Those households that have not yet responded to the census will receive an in person visit by a census taker to collect their information later this summer.

According to the Census Bureau's online response map tracking the nation's participation in the census, almost 79 million households have already responded online, by phone or by mail.

States with the highest response include, (top 5 states).

- Minnesota 64.0%
- Iowa 61.2%
- Wisconsin 60.8%
- Nebraska 60.7%
- Michigan 60.0%

Counties with 250,000 or more population with the highest response rate include (top 5 counties).

- Washington County, Minnesota 73.6%
- Anoka County, Minnesota 72.9%
- Waukesha County, Wisconsin 72.5%
- Dakota County, Minnesota 71.8%
- Macomb County, Michigan 70.2%

The Census Bureau strongly encourages the public to respond online at 2020census.gov. Households can respond online in English or 12 other languages or by phone. Households can also respond by mail using the paper questionnaire that was recently mailed to every non-responding address. Households that received a census invitation in the mail and have yet to respond will receive a paper questionnaire by April 30.

Households will receive another reminder postcard in the mail between April 27-May 9. The Census Bureau pushed back this mailing to allow the paper questionnaire package to arrive several days ahead of the postcard. The postcard is one reminder in a series of reminders that the Census Bureau has mailed nonresponding households since mid-March urging them to respond. Census takers will visit every address that does not respond on their own to collect responses in person. Responding now to the 2020 Census will minimize the need for a census taker to visit your home later this year. For more information, visit 2020census.gov.

**IN TOUGH TIMES,
GO EASY ON WATER.**

— a friendly reminder, by the experts only —

During Summer
*No watering Sundays or
between 11 AM - 7 PM.*

SUMMER
MAY 01 - AUG 31
6 DAYS OR LESS
A WEEK

Stay **WATER SMART**
sewa.org.com

© 2019 Southeast Wisconsin Water Authority. All rights reserved.

Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak

What Is Social Distancing?

Social distancing is a way to keep people from interacting closely or frequently enough to spread an infectious disease. Schools and other gathering places such as movie theaters may close, and sports events and religious services may be cancelled.

What Is Quarantine?

Quarantine separates and restricts the movement of people who have been exposed to a contagious disease to see if they become sick. It lasts long enough to ensure the person has not contracted an infectious disease.

What Is Isolation?

Isolation prevents the spread of an infectious disease by separating people who are sick from those who are not. It lasts as long as the disease is contagious.

Introduction

In the event of an infectious disease outbreak, local officials may require the public to take measures to limit and control the spread of the disease. This tip sheet provides information about **social distancing**, **quarantine**, and **isolation**. The government has the right to enforce federal and state laws related to public health if people within the country get sick with highly contagious diseases that have the potential to develop into outbreaks or pandemics.

This tip sheet describes feelings and thoughts you may have during and after social distancing, quarantine, and isolation. It also suggests ways to care for your behavioral health during these experiences and provides resources for more help.

What To Expect: Typical Reactions

Everyone reacts differently to stressful situations such as an infectious disease outbreak that requires social distancing, quarantine, or isolation. People may feel:

Anxiety, worry, or fear related to:

- Your own health status
- The health status of others whom you may have exposed to the disease
- The resentment that your friends and family may feel if they need to go into quarantine as a result of contact with you
- The experience of monitoring yourself, or being monitored by others for signs and symptoms of the disease
- Time taken off from work and the potential loss of income and job security
- The challenges of securing things you need, such as groceries and personal care items
- **Concern** about being able to effectively care for children or others in your care
- **Uncertainty or frustration** about how long you will need to remain in this situation, and uncertainty about the future
- **Loneliness** associated with feeling cut off from the world and from loved ones
- **Anger** if you think you were exposed to the disease because of others' negligence
- **Boredom and frustration** because you may not be able to work or engage in regular day-to-day activities
- **Uncertainty or ambivalence** about the situation
- **A desire** to use alcohol or drugs to cope
- **Symptoms of depression**, such as feelings of hopelessness, changes in appetite, or sleeping too little or too much

- **Symptoms of post-traumatic stress disorder (PTSD)**, such as intrusive distressing memories, flashbacks (reliving the event), nightmares, changes in thoughts and mood, and being easily startled

If you or a loved one experience any of these reactions for 2 to 4 weeks or more, contact your health care provider or one of the resources at the end of this tip sheet.

Ways To Support Yourself During Social Distancing, Quarantine, and Isolation

UNDERSTAND THE RISK

Consider the real risk of harm to yourself and others around you. The public perception of risk during a situation such as an infectious disease outbreak is often inaccurate. Media coverage may create the impression that people are in immediate danger when really the risk for infection may be very low. Take steps to get the facts:

- Stay up to date on what is happening, while limiting your media exposure. Avoid watching or listening to news reports 24/7 since this tends to increase anxiety and worry. Remember that children are especially affected by what they hear and see on television.
- Look to credible sources for information on the infectious disease outbreak (see page 3 for sources of reliable outbreak-related information).

BE YOUR OWN ADVOCATE

Speaking out about your needs is particularly important if you are in quarantine, since you may not be in a hospital or other facility where your basic needs are met. Ensure you have what you need to feel safe, secure, and comfortable.

- Work with local, state, or national health of-

ficials to find out how you can arrange for groceries and toiletries to be delivered to your home as needed.

- Inform health care providers or health authorities of any needed medications and work with them to ensure that you continue to receive those medications.

EDUCATE YOURSELF

Health care providers and health authorities should provide information on the disease, its diagnosis, and treatment.

- Do not be afraid to ask questions—clear communication with a health care provider may help reduce any distress associated with social distancing, quarantine, or isolation.
- Ask for written information when available.
- Ask a family member or friend to obtain information in the event that you are unable to secure this information on your own.

WORK WITH YOUR EMPLOYER TO REDUCE FINANCIAL STRESS

If you're unable to work during this time, you may experience stress related to your job status or financial situation.

- Provide your employer with a clear explanation of why you are away from work.
- Contact the U.S. Department of Labor toll-free at 1-866-487-2365 about the Family and Medical Leave Act (FMLA), which allows U.S. employees up to 12 weeks of unpaid leave for serious medical conditions, or to care for a family member with a serious medical condition.
- Contact your utility providers, cable and Internet provider, and other companies from whom you get monthly bills to explain your situation and request alternative bill payment arrangements as needed.

CONNECT WITH OTHERS

Reaching out to people you trust is one of the best ways to reduce anxiety, depression, loneliness, and boredom during social distancing, quarantine, and isolation. You can:

- Use the telephone, email, text messaging, and social media to connect with friends, family, and others.
- Talk “face to face” with friends and loved ones using Skype or FaceTime.
- If approved by health authorities and your health care providers, arrange for your friends and loved ones to bring you newspapers, movies, and books.
- Sign up for emergency alerts via text or email to ensure you get updates as soon as they are available.
- Call SAMHSA’s free 24-hour Disaster Distress Helpline at 1-800-985-5990, if you feel lonely or need support.
- Use the Internet, radio, and television to keep up with local, national, and world events.

- If you need to connect with someone because of an ongoing alcohol or drug problem, consider calling your local Alcoholics Anonymous or Narcotics Anonymous offices.

TALK TO YOUR DOCTOR

If you are in a medical facility, you may have access to health care providers who can answer your questions. However, if you are quarantined at home, and you’re worried about physical symptoms you or your loved ones may be experiencing, call your doctor or other health care provider:

- Ask your provider whether it would be possible to schedule remote appointments via Skype or FaceTime for mental health, substance use, or physical health needs.
- In the event that your doctor is unavailable and you are feeling stressed or are in crisis, call the hotline numbers listed at the end of this tip sheet for support.

USE PRACTICAL WAYS TO COPE AND RELAX

- Relax your body often by doing things that work for you—take deep breaths, stretch, meditate or pray, or engage in activities you enjoy.
- Pace yourself between stressful activities, and do something fun after a hard task.
- Talk about your experiences and feelings to loved ones and friends, if you find it helpful.
- Maintain a sense of hope and positive thinking; consider keeping a journal where you write down things you are grateful for or that are going well.

AFTER SOCIAL DISTANCING, QUARANTINE, OR ISOLATION

You may experience mixed emotions, including a sense of relief. If you were isolated because

Sources for Reliable Outbreak Related Information

Centers for Disease Control and Prevention

1600 Clifton Road
Atlanta, GA 30329-4027
1-800-CDC-INFO (1-800-232-4636)
<http://www.cdc.gov>

World Health Organization

Regional Office for the Americas of the World Health Organization
525 23rd Street, NW
Washington, DC 20037
202-974-3000
<http://www.who.int/en>

you had the illness, you may feel sadness or anger because friends and loved ones may have unfounded fears of contracting the disease from contact with you, even though you have been determined not to be contagious.

The best way to end this common fear is to learn about the disease and the actual risk to others. Sharing this information will often calm fears in others and allow you to reconnect with them.

If you or your loved ones experience symptoms of extreme stress—such as trouble sleeping, problems with eating too much or too little, inability to carry out routine daily activities, or using drugs or alcohol to cope—speak to a health care provider or call one of the hotlines listed to the right for a referral.

If you are feeling overwhelmed with emotions such as sadness, depression, anxiety, or feel like you want to harm yourself or someone else, call 911 or the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).

Helpful Resources

Hotlines

SAMHSA's Disaster Distress Helpline

Toll-Free: 1-800-985-5990 (English and español)

SMS: Text TalkWithUs to 66746

SMS (español): "Hablanos" al 66746

TTY: 1-800-846-8517

Website (English): <http://www.disasterdistress.samhsa.gov>

Website (español): <https://www.samhsa.gov/find-help/disaster-distress-helpline/espanol>

SAMHSA's National Helpline

Toll-Free: 1-800-662-HELP (24/7/365 Treatment Referral Information Service in English and español)

Website: <http://www.samhsa.gov/find-help/national-helpline>

National Suicide Prevention Lifeline

Toll-Free (English): 1-800-273-TALK (8255)

Toll-Free (español): 1-888-628-9454

TTY: 1-800-799-4TTY (4889)

Website (English): <http://www.suicidepreventionlifeline.org>

Website (español): <http://www.suicidepreventionlifeline.org/gethelp/spanish.aspx>

Treatment Locators

Behavioral Health Treatment Services Locator Website:

<https://findtreatment.samhsa.gov>

FindTreatment.gov

For help finding treatment 1-800-662-HELP (4357)

<https://findtreatment.gov/>

SAMHSA Disaster Technical Assistance Center

Toll-Free: 1-800-308-3515

Email: DTAC@samhsa.hhs.gov

Website: <http://www.samhsa.gov/dtac>

***Note: Inclusion or mention of a resource in this fact sheet does not imply endorsement by the Center for Mental Health Services, the Substance Abuse and Mental Health Services Administration, or the U.S. Department of Health and Human Services.**

SAMHSA Publication No. PEP20-01-01-007



SAMHSA
Substance Abuse and Mental Health
Services Administration