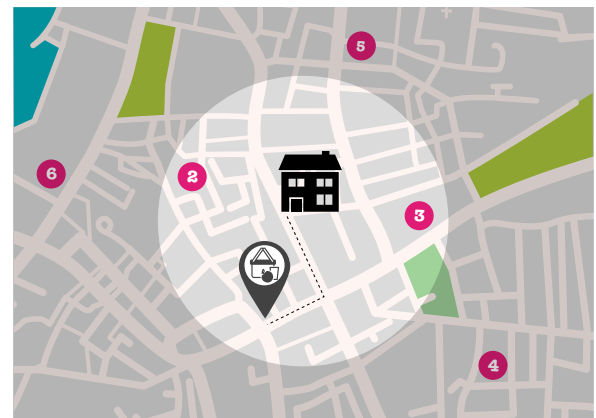


TO GET THROUGH THIS CHALLENGING AND WORRISOME TIME,
WE'VE PUT TOGETHER SOME TIPS TO HELP KEEP YOUR FAMILY SAFE.



AVOID GATHERINGS

It's important to stay at home as much as possible. **Do not gather with family or friends** during the pandemic. Encourage and help teens make the right choice: "Share the information, not the virus!".



SHOP FOR GROCERIES IN YOUR NEIGHBORHOOD OR ONLINE

Avoid travel to other cities (e.g., to buy food).



DESIGNATE ONE ADULT FOR GROCERY SHOPPING

Keep children at home. Always wash your hands before and after going out. Do not touch your face during the outing and keep a 2 meter distance with others.



PRIORITY # 1: FAMILY WELLBEING

You spend a lot of time together. This inevitably causes moments of tension. We encourage you to first aim at **safeguarding your relationships** using play, sharing and complicity. Nourish what makes you and the family feel good and emphasize your children's good behavior.



MAINTAIN A ROUTINE

This ensures psychological stability for all members of the family (example: get dressed in the morning, keep mealtimes and bedtimes more or less the same from one day to the other).



MAINTAIN GOOD SLEEP HYGIENE

Ensures physical and psychological health and reduces stress.



MAINTAIN GOOD EATING HABITS

See Canada's Food Guide

<https://food-guide.canada.ca/en/food-guide-snapshot/>



BE PHYSICALLY ACTIVE

(IF OUTSIDE, MAINTAIN A SOCIAL DISTANCE OF 2 METERS.)

Moving improves mood and health.
Note: children's parks are closed.



NEWS MEDIA

It is recommended that you limit your exposure to COVID-19 news (television, social media) to **2 hours** per day. Choose reliable sources of information.



READ

Let children read a book aloud to you. Tell stories to your children (with or without a book).



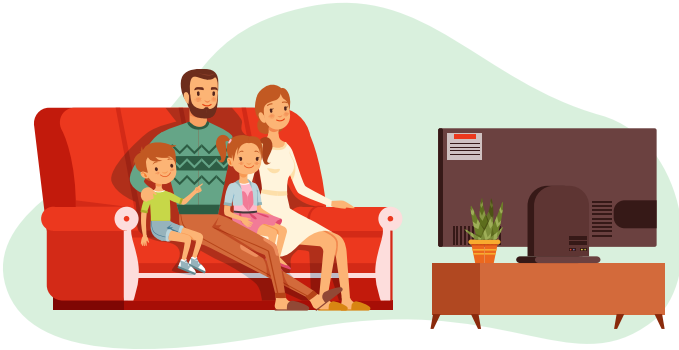
EMBRACE EMOTIONS

It is normal to experience a multitude of uncomfortable emotions and feelings (fear, anxiety, stress, helplessness, irritability, sadness, anger, despair). Talk about them with someone you trust (friends, counsellors). Give yourself time and a safe space (your bedroom for example) to express your feelings. You can also name your emotions/feelings to your children. That way they will understand it is not their fault and that you are going through a difficult time. This will also help them develop empathy.



TALK WITH YOUR KIDS

Take time to openly talk about the pandemic with your children. Welcome their emotions and what they are going through (they might miss school or their friends). Check their understanding of the situation and inform them in reassuring words. Protect them from prolonged exposure to news media.



ALLOW KIDS TO WATCH TV

For some families, this is a daily activity for lack of alternatives. Allow yourself to choose non-violent and educational content, to vary the languages (your language of origin, French, English). Watching a film as a family and then discussing it becomes an educational and emotionally nourishing activity.



HOMESCHOOL

Follow your children's teachers' recommendations. You can find numerous educational and age appropriate activities on the internet. The goal is to provide pleasant and constructive activities. Here are the official government websites:

CSRS : www.csrs.qc.ca/fr/resteractif

MEES : <https://www.ecoleouverte.ca/fr/>



CLEAN WITH YOUR FAMILY

Take advantage of this opportunity to sort out clothes that are too small, tidy up cupboards, clean stains on walls and windows etc. It's spring!



COOK WITH YOUR KIDS

From the age of 3, involve them in making a recipe by giving them simple and safe tasks. They will learn a lot from you.



LISTEN TO MUSIC, DANCE

It's good for mood!



KEEP IN TOUCH WITH YOUR FRIENDS VIRTUALLY

Maintain meaningful bonds with those around you to feel less alone and to strengthen solidarity.



HEALTH REMINDER

If you feel ill, take care of yourself at home and keep as much distance as possible from your loved ones.

The Québec government has issued a self-care guide that you can access [HERE](#).

If you have a fever, cough and difficulty breathing (inability to say more than a word without catching your breath) CALL 911, say "interpreter" and your language.



IF YOUR HEALTH PROBLEM IS NON-URGENT

You can consult a pharmacist.

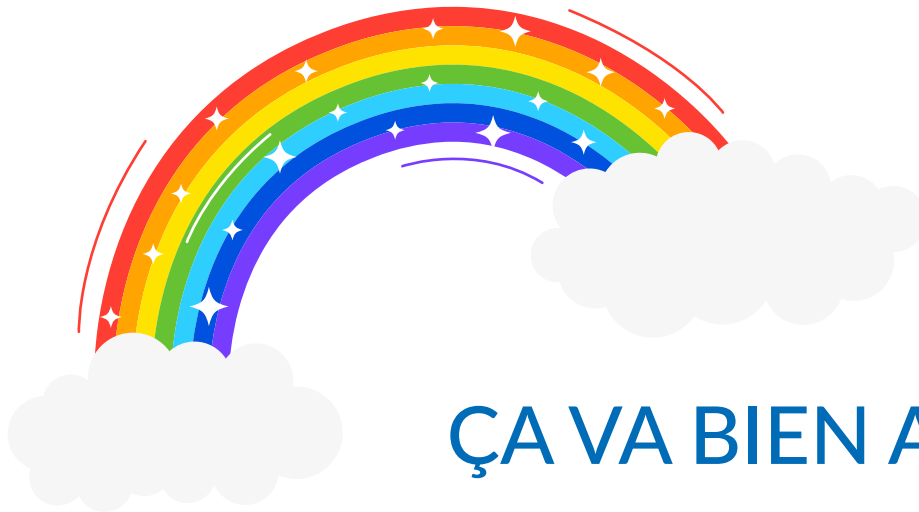
ASK FOR HELP

If you need to talk about your situation with a counsellor, be referred to a food help resource, verify or better understand the information you have heard? Don't hesitate to call or write to us!

The SANC is here for you!

819-566-5373
sanc@sanc-sherbrooke.ca

Leave us a message in English.
Please identify yourself clearly.



ÇA VA BIEN ALLER !