

Child and Adolescent Behavioral Health

C&A Cares Newsletter

May 15, 2020



Are we done staying home?

The short answer is, no. COVID-19 is still out there and still contagious. If you can stay home it is safest to do so. The state stay-at-home orders are being less restrictive. If you choose to go out, it is important to take precautions by following recommended guidelines of wearing a face mask, staying a safe distance away from other people, touching as few objects and surfaces as possible and washing your hands as soon as your return home.

I'm sick of being inside all the time. Can I go outside?

As the weather gets warmer, the outdoors can provide a refreshing change of scenery. Going for a walk, hike or a run can be a great way to get some exercise. It feels good to breathe fresh air and feel the warm sunshine. Out in nature quiets the mind, soothes the senses and improves moods. If you do go outside, remember to have a face mask with you to wear if needed and to stay at least six feet away from anyone who isn't inside your house.

Playgrounds and outdoor exercise equipment still haven't reopened yet. The reason for this is that people typically touch, crawl and climb all over the equipment, which increases the chances of spreading germs from person-to-person. The Cleveland Clinic provided some interesting science on coronavirus: germs can survive on a glass for five days, on wood for four days and on plastic and stainless steel for three days. Therefore, it is better to just avoid the equipment and consider other safer options. Other options for outside activities include going for a walk, riding your bike, flying a kite or planting a garden.

Games to play on group video calls

True Facts:

This is simple! Everyone privately messages the host a secret fact about themselves and then the host shares them one-by-one. Everyone then has to vote who they think it belongs too.

Neighborhood scavenger hunt:

Make a list of items to search for in neighborhood. Cross items off of the list as you find them. Share the list with friends. Take pictures to show who finds the items first.

To view more games to play, click on this link - <https://www.childandadolescent.org/wp-content/uploads/2020/05/Games-to-Play-on-Group-Video-Calls.pdf>



I miss my friends

Human beings are social animals. We need to interact with others. Before the stay-at-home orders went into effect, we were able to see lots of people at school or work, out in public places like stores or restaurants and a sporting or cultural event. We were able to go and visit our friends.

The best way to stay in touch with friends right now is through video conferencing. There are lots of apps and programs that allow us to see each other and interact while maintaining an appropriately safe distance. It isn't the same as being there in person but you can still have a lot of fun. Be sure to check out our resource on Games to Play on Group Video calls for ideas and instructions for playing games with your friends while on video conferencing.

***Stark County Schools
Mental Health Week
Partners***



**C&A would like to recognize
our partner school districts -**

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Canton City Schools
Lake Local Schools
Marlington Local Schools
Massillon City Schools
Plain Local Schools
Sandy Valley Local Schools
Tuslaw Local Schools**



Do we have to keep doing this?

You are feeling healthy. You may be pretty sure that, even if you caught the virus, you could get through it and survive. But remember that you might not be the person you're putting at risk.

Right now there is no vaccine for COVID-19 and it is very difficult to treat. Sure it is inconvenient and annoying, but taking precautions like staying home, washing hands often, wearing masks and staying at least six feet apart are the best tools we have right now to protect our family members, friends and neighbors who are vulnerable.

Slowing down or preventing the spread of the virus will save lives. It is important to keep in mind that these strategies only work if we all cooperate by following the guidelines. Stuart Finder, director of the Center of Healthcare Ethics at Cedars-Sinai Medical Center said it best, "You are not wearing the mask to protect you, you're wearing the mask to protect others."

A final word to parents:

Remember that you are the biggest role model for your children. They take their cues from you. If they see you are practicing safe precautions, they're more likely to do the same.



A note about visiting friends:

Unless you have been living in the same household all along, it isn't recommended to go visit your friends yet. This isn't a time to show how good you are at finding loopholes in the rules (if your rationale starts with the word "technically" that's exactly what you're doing, whether you want to admit it or not). It is a time to show how caring you can be by avoiding opportunities to spread the virus. Sleepovers at this time are not recommended.

If you or your parents/guardian make the choice to visit a friend, follow the recommended guidelines of wearing facial protection and staying six feet apart.



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