

PRACTICAL HOME TIPS

Remember during these adverse times with a stay at home order in place from our government, it is essential that we **TAKE CARE OF OURSELVES PHYSICALLY AND MENTALLY.**

Here are a few at home tips and resources to consider and assist us:

GENERAL TIPS TO CONSIDER ...

- Store additional supplies of food and water, but there is **NO NEED TO STOCKPILE.**
- Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins. Be sure to take vitamins to build your immune system.
- Get copies and maintain electronic versions of health records from doctors, hospitals, pharmacies and other sources. To get help accessing these files, <https://www.healthit.gov/topic/health-it-initiatives/blue-button>
- Talk with family members about how they would be cared for if they get sick or what will be needed to care for them in your home. **HAVE A PLAN.**
- Everyone in the home should start the day at the same time. If you live alone, work to have a consistent daily start time.
- Learn how to clean and disinfect your home daily <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>
- Have a First Aid Kit. Find out essential items to include: <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/anatomy-of-a-first-aid-kit.html>
- Contact your utility company and ask if they are offering any assistance during this time.
- During the day open shades or blinds and use natural light versus your utilities.
- Don't leave things on or running if not in use (i.e. water, lights, wi-fi, cell phone chargers, etc.) This could assist with heightened utility costs.

ADDITIONAL TIPS:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html>

PRACTICAL HOME TIPS

WORKING OUTSIDE OF THE HOME ...

- Wear a mask and gloves when you are outside of your home.
- Follow the CDC guidelines of social distancing.
- Wash hands as soon as you enter back into your home and try to remove clothing from work.
- If you have underlying health conditions, see if you have the option to work from home.

WORKING FROM HOME ...

- Contact your Internet Service provider to ensure your capability for online connectivity; especially if you are required to do online work.
- Create a work schedule for yourself. Continue to incorporate lunch and break times.
- If you are working from the computer, set a timer for yourself to incorporate intermittent times of physical exercise. To help with this, download the extension MOVE IT on your Chrome browser.
- If you are a parent, create a similar schedule to your child(ren).

SCHOOLING FROM HOME ...

- Set a schedule for your children. Write it down and post in a common place so they can see it. Ensure they maintain the schedule. Build in a work time, activity time, lunch time, and have an ending time.
See below for a sample school schedule
- Encourage the children to get prepared like a regular day of school. Regimen is crucial. This too will pass, and they must continue to live.
- Remember children need structured time and activities.
- Check their work. Although you may not be their schoolteacher, they must know what they are doing is still very important.
- Encourage them to write letters to family, friends, and loved ones. Let them call, facetime, and allow them time to talk with you.

MORE TIPS ON SPEAKING WITH CHILDREN ABOUT COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>

PRACTICAL HOME TIPS

ESSENTIALS AND FOOD RESOURCES ...

FROM THE HEART CHURCH MINISTRIES of CINCINNATI FOOD PANTRY

will be open for curbside pick-up of various food items on

FRIDAYS

PICK UP LOCATION:

CURBSIDE SERVICE AT THE RAMP ON THE SIDE OF THE CHURCH

If you need of additional food items, please CALL THE CHURCH and leave a message with your name and phone number

WHEN YOU ARRIVE AT THE CHURCH

CALL THE OFFICE @

513-531-5433,

a pantry volunteer will bring the items to you at the ramp

**If you need HOME DELIVERY, call the church
THIS GENERATION can deliver upon request**

- **Other FOOD PANTRIES:** goto <https://www.foodpantries.org/ci/oh-cincinnati>
- Restaurants are closed for dining-in but most are offering carry out or curbside pickup. To find these restaurants near you, do an **internet search** for “**carry out in your area**” or add your zip code in the search for better results.
- For a pretty good list of restaurants able to deliver or have curbside pickup, goto <https://www.citybeat.com/food-drink/the-dish/blog/21122179>
- **Uber Eats, Door Dash and Grub Hub** are a few new services that will pick up and deliver your restaurant favorites. For first time users, delivery fee may be waived. Go to their websites for deals and available restaurants in your area.
- Don't forget to look for “**free food**” items. Most restaurants offer free reward programs based on visits and/or purchases.
- **Grocery Stores** are now offering pick-up and delivery options. To find options near you, do internet search for “store delivery near me.” In addition to grocery stores, **convenient stores and pharmacies** are now offering delivery. Some popular grocery delivery services are Kroger, Meijer, Costco, Amazon Fresh and Walmart Grocery

**NOTE: These services are in high demand!
PLAN A FEW DAYS OR EVEN A WEEK IN ADVANCE.**

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- If you don't have access to internet or you are a Senior member, CALL THE CHURCH. This Generation is offering help with these activities and many more!

THIS GENERATION Presents ...

An illustration featuring two black silhouettes of hands reaching towards each other from the left and right sides. Between the hands is a solid red heart. The hands are positioned as if they are about to grasp the heart.

We Can Help ...

- FTHCM Pantry Pick-up
- Groceries
- Virtual Connections
- Food Delivery
- Dog Walking
- ?? Just Let Us Know ??

FTHCM SENIORS ... Call the Church for more information

PRACTICAL HOME TIPS

Daily School Schedule

*Be sure to acknowledge holidays or special occasions at home too!	Monday- Friday
Get dressed, Make Beds, and disinfect room (Stress Continual good hygiene)	8:00-8:45 AM
Morning Prayer and Announcements (QA time for children and discussion daily agenda)	8:50- 9:00 AM
School Work (Reading, Math, Social Studies, Science or Lab, Remote Learning Packets from School or Online Work through school. Be sure to contact school if you need to ensure student has work.)	9:05- 12:00 PM
Lunch/ Activity Break (Indoors or Outdoors) You can create a lunch menu and allow the child(ren) to help decide activities for their break time, this can be done on the weekend or morning announcement time NO ELECTRONICS	12:05- 1:00 PM
School Work Continued/ End Time of School Work (Be sure little ones have a nap time)	1:05- 2:45 PM
*Be sure to acknowledge holidays or special occasions at home too!	Monday- Friday
Chores (Sweeping, Vacuuming, water plants, pets, etc.)	3:00- 4:30 PM
Dinner Time (Night Prep could happen after dinner and Kitchen clean-up...Could be bath or shower time)	5:30 or 6:00 PM
Activity Time (TV, games, Holyoke, etc.)	7:00-9:00
Bed Time (As a parent(s) be sure to take down time for yourself)	9:30 PM

