

My Health and Wellness Plan*

During COVID-19 Social Distancing, Quarantine and Isolation

My Checklist

Everyday Prevention Actions

- ✓ Stay six feet apart from people who are outside your household.
- ✓ Avoid close contact with people who are sick.
- ✓ Stay home except to do essential activities, like getting groceries, finding medical care, or walking your dog.
- ✓ Cover coughs and sneezes with a tissue and toss the tissue into the trash.
- ✓ Clean surfaces and objects that you often touch (like mobility devices, assistive technology, tables, countertops, phones, doorknobs, and cabinet handles) with soap and water.
- ✓ Wash your hands often with soap and water for at least 20 seconds.
- ✓ Choose a place in your home (a separate room and bathroom, if possible) that can be used to separate sick household members from those who are healthy.

* Adapted from "Get Your Household Ready for Coronavirus Disease 2019." Centers for Disease Control and Prevention. Centers for Disease Control and Prevention, March 27, 2020. https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/get-your-household-ready-for-COVID-19.html?CDC_AA_refVal=https://www.cdc.gov/coronavirus/2019-ncov/prepare/get-your-household-ready-for-COVID-19.html.



My Support Circle

These are people I want to talk with about my plan:

These are family/friends I can lean on during emergencies:

My important contacts:

Primary care doctor name/phone:

Mental health provider name/phone:

Caregiver name/phone:

Insurance name/phone:

Veterinarian name/phone:

Colorado Crisis Services (for urgent mental health needs):
844-493-8255 or text the word "TALK" to 38255

I want to reach out to these people and offer support:

My Support Needs

I might ask my support people for help with:

- Getting groceries or food donations.
- Getting prescription medications.
- Emotional support.
- Support with researching information.
- A ride to the doctor.
- Childcare.
- Animal care.

Other ideas:

My disability-specific needs:

These are things that don't help me:

These are ways that I want to support others:

My Plan to Support My Health

My medication list:

- ✓ Contact your pharmacy to order a 90-day mail-in supply of your prescriptions.

If you feel sick:

- ✓ Call ahead before visiting your doctor.
- ✓ Stay away from others as much as possible. You should stay in a specific “sick room” if possible, and away from other people in your home. Use a separate bathroom, if available.
- ✓ Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. Wash these items after you use them.

If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning. (Taken from CDC.gov.)

- ✓ Stay informed about COVID-19 activity by following credible sources. (See “Organizations that Can Support Me” on page 9).

My Meal Plan

My menu

New recipes that I want to try

My staple food items

Food items that I need

My food restrictions

My Plan to Support My Mental Health

This is how I might recognize stress or other mental health difficulties in myself:

- Anxiety, stress, worry, or fear
- Muscle tension or pain
- Fawning or people-pleasing
- Avoiding people or activities that I enjoy
- Feeling critical of myself or others
- Bullying or picking fights
- Boredom or restlessness
- Loneliness
- Big changes in appetite
- Sleeping too much or too little
- Feeling hopeless
- Hypervigilance (feeling easily startled)
- Intrusive thoughts that bother me
- Feeling trapped
- Anger, irritability, or frustration

Other signs:

- ✓ If you are experiencing difficult emotions or mental health symptoms, know that they are natural responses in a time of crisis. Be extra gentle with yourself and reduce stress as much as you can.

These are wellness tools that help me release stress and feel better:

- Start a new routine
- Go for a walk or stroll
- Stretch
- Use exercise videos
- Play music or nature sounds
- Focus on an encouraging theme or quote
- Color
- Meditate
- Talk to a friend
- Journal
- Reading a book
- Paint
- Draw

Other ideas:

These are boundaries that will help me to reduce stress and anxiety:

- Limit time spent watching, reading or listening to the news.
- Limit time on social media.
- Limit time that I spend talking about COVID-19.

Other ideas:

My Plan to Care for My Service Animal, Emotional Support Animal, or Pet

My animal's food and medications:

At this time, there is no evidence that the virus that causes COVID-19 can spread to people from the skin or fur of animals.

If you are sick with COVID-19, avoid contact with your animal(s), including petting, snuggling, being kissed or licked, and sharing food. If you must care for or be around animals while you are sick, wash your hands before and after you interact with pets. Ask your veterinarian about the best ways to care for your animal(s) during this time.

When possible, have another member of your household care for your animals while you are sick. (Taken from CDC.gov)

Projects and Goals That I Can Work on During My Downtime:

Organizations That Can Support Me:

The Independence Center, 719-471-8181

Video Phone (Deaf & Hard of Hearing), 719-358-2513

If you have Medicaid: Colorado Community Health Alliance, 719-598-1540

For financial resources: Pikes Peak United Way, dial 211

For urgent mental health needs: Colorado Crisis Services, 844-493-8255 or text the word "TALK" to 38255.

For emergency food support: Colorado Springs Food Rescue, 719-470-2737

For unemployment resources: CDLE - Colorado Department of Labor and Employment
<https://www.colorado.gov/pacific/cdle/unemployment>

For family violence support: National Domestic Violence Hotline, 1-800-799-SAFE (7233)
 or chat online at <https://www.thehotline.org/what-is-live-chat/>

For information about COVID-19:

- WHO- World Health Organization
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- CDC- Centers for Disease Control and Prevention
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- CDPHE- Colorado Department of Public Health and Environment
<https://covid19.colorado.gov>
- El Paso County Public Health
<https://www.elpasocountyhealth.org/services/coronavirus-disease-2019-covid-19>
- Teller County Public Health
[http://www.co.teller.co.us/PublicHealth/Covid-19COUNTY STATE.aspx](http://www.co.teller.co.us/PublicHealth/Covid-19COUNTY_STATE.aspx)

