

GENERAL LOCAL RESOURCES:

St. Louis County

stlcorona.com

Provides updates from St. Louis County regarding services and other information related to COVID-19.

STL Quarantine Support

<https://tinyurl.com/STLQsintake>

Group of volunteers in St. Louis City delivering groceries and other necessities to those who are at highest risk or may have symptoms and need to remain quarantined.

STL Covid Aid

linktr.ee/stlcovid

Hotline people can call for various forms of mutual aid and to request financial support. 314-380-7774.

Students to Seniors

<https://www.studentstoseniors.com/>

As you know, COVID-19 has completely isolated older adults. This is a way for students to make virtual visits to older adults to help provide companionship. It's completely free for everyone.

CAREGIVING FOR PEOPLE WITH CHILDREN:

Generations United

<https://www.gu.org/app/uploads/2020/03/COVID-19-Fact-Sheet-3-17-20.pdf>

Provides COVID-19 specific information and resources for grandparents as parents and multi-generational families. Includes resources on access food and medication, technology and staying connected.

Child Mind Institute

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

Provides COVID-19 specific information and resources for parents of kids and teens. Offers a daily tip as well as advice on how to talk to kids about the coronavirus, manage anxiety, discipline, encourage healthy behavior, practice mindfulness and more.

National Association of School Psychologists

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

Offers a comprehensive parent resource guide related to the coronavirus, translated into 8 languages. Also details numerous guidelines around talking points, social media use, maintaining a routine, and more.

Substance Abuse and Mental Health Services Administration (SAMHSA)

<https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006>

Has several fact sheets on how to talk with children, cope with stress and take care of your behavioral health during infectious disease outbreaks.

Centers for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

Provides messages and general guidelines on the coronavirus for people working with children. These include talking points and facts about COVID-19.

World Health Organization

https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2

Infographic with tips for parents on supporting their children during the coronavirus outbreak

FOR PEOPLE CARING FOR AN OLDER ADULT:

Caregiver.org

<https://www.caregiver.org/coronavirus-covid-19-resources-and-articles-family-caregivers>

A hub of information about staying at home, nursing home visitation, food and grocery delivery, self care for caregivers, and staying connected. Also has links to other resources that provide information and tips related to the coronavirus.

The Alzheimer's Association

[https://www.alz.org/help-support/caregiving/coronavirus-\(covid-19\)-tips-for-dementia-care](https://www.alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care)

Provides COVID-19 related tips for caregivers of people with dementia. There is information for caregivers at home and in an assisted living setting, as well as general information and guidelines about staying healthy.

The John A. Hartford Foundation

<https://www.johnahartford.org/dissemination-center/view/coronavirus-disease-covid-19-resources-for-older-adults-family-caregivers-and-health-care-providers>

Compiles resources regarding the coronavirus and older adults from organizations such as the CDC, AARP, Administration for Community Living, National Foundation for Infectious Diseases and more. Provides links to fact sheets and websites. Also has resources for health care professionals and those working in long-term care.

Johns Hopkins

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-caregiving-for-the-elderly>

Advice on how caregivers can stay well, minimize the risk of infection in older adults, combat social isolation and handle potential exposure to the coronavirus.

The Centers for Disease Control and Prevention

<https://www.cdc.gov/aging/covid19-guidance.html>

Guidance for adults at higher risk of infection and long-term care facilities. Additional information about managing stress, decreasing risk, symptoms and testing, and what to do if you become sick or are caring for someone who becomes sick with COVID-19.

RESISTING AGEISM AND STEREOTYPING

Frameworks Institute

<https://frameworksinstitute.org/reframing-aging.html>

1. Connect individual action to the common good by using a broad 'us.'

A narrow focus on personal behaviors can prevent people seeing how the virus works. Use language and examples that emphasize collective action and shared outcomes.

Instead of "how to behave"

"Protect yourself and fight the virus by washing your hands and practicing social distancing. It is not safe or responsible to leave your home at this time."

Try "how this affects us all"

"When we wash our hands and keep our distance, we protect everyone in our community. Let's come together by staying apart."

2. Make an explicit moral argument for addressing specific populations' needs.

Our ideals and principles - and our sense of right and wrong - are powerful motivators. Use language that activates shared values early and often in communications. This will have more impact than bleak facts or upsetting stories alone.

Instead of "vulnerable groups" framing

"People in poverty will be most and worst affected by this crisis. 22 million US children rely on school for meals - will they be going hungry? Tens of thousands of people in the UK sleep on the streets - will they be able to keep their distance from this virus?"

Try "moral argument" framing

"The right thing to do is ensure we all have what we need to be well - regardless of how we earn a living or how much we make. People already pushed to the brink by low wages and high housing costs will be most affected by this virus and an economic slowdown. This is the time to live up to our ideal of justice for all."

3. Look for opportunities to talk about the positive aspects of interconnection.

Social connections are tricky to talk about when it comes to communicable disease. Depending on the framing, the topic can come off as blaming and shaming - or it can evoke a can-do spirit and common cause. Lean toward how much we all depend on each other - not how much we threaten each other.

Instead of "connection as threat"

"We're being reminded of how much our actions can harm others - often in ways we can't see. We can't just continue with life as usual, assuming we are invincible while infecting spaces, surfaces, and other people. Every time we do so, we are contributing to the spread of a pandemic, and to the eventual deaths of people far more vulnerable to this disease than we are."

Try "connection as strength"

"We're being reminded just how connected we all are - and how much we depend on one another. And it's not just the spread of the virus. For everyone who works from home, there are many more who make that possible by working at the hospital, the power plant, the grocery store, the delivery service. This moment shows us how much we all need each other to keep going."

Social Isolation & Loneliness During COVID-19

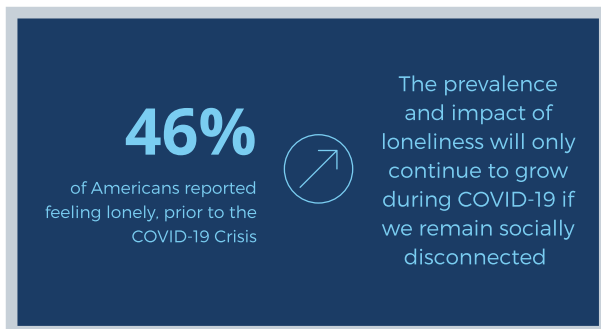
HOW TO STAY SOCIALLY CONNECTED WHEN INTENTIONALLY ISOLATED.

WHAT IS SOCIAL ISOLATION AND LONELINESS?

Social isolation occurs when an individual does not have adequate opportunities to interact with others; **loneliness** is a subjective experience stemming from the perception of not having enough social relationships or contact with other people. Both are detrimental to one's health and wellbeing.

SOCIAL ISOLATION & LONELINESS ON HEALTH OUTCOMES

Research shows social isolation and loneliness are associated with a 29 percent and 26 percent increased risk of mortality, respectively, comparable to that of obesity and cigarette smoking. Other studies have found that social isolation and loneliness are strongly related to poor health outcomes, especially poor mental health outcomes, such as anxiety, depression, and suicidal thoughts.



SOCIAL DISTANCING DURING COVID-19: THE RISK OF LONELINESS

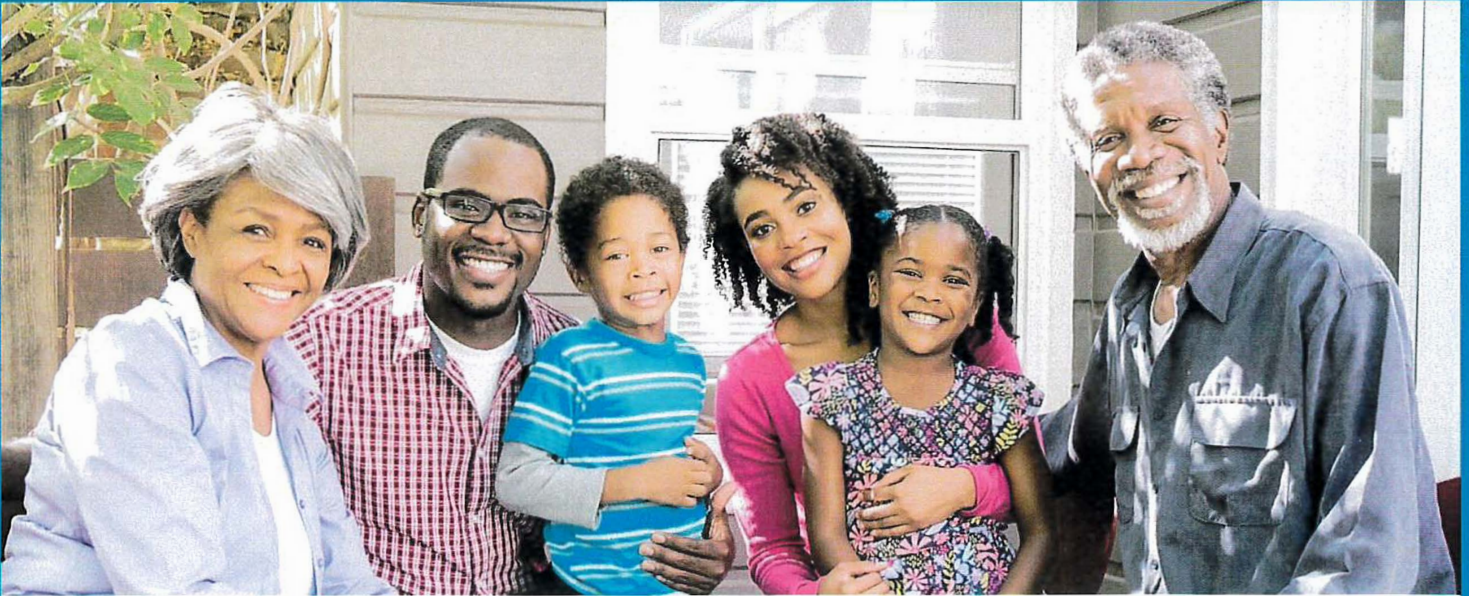
While it remains critical that we honor social distancing requirements to combat the spread of COVID-19, it is equally important that we remain socially connected with our friends, family, colleagues, and community to prevent the negative health outcomes caused by being socially isolated and lonely.

HOW TO STAY CONNECTED

The Coalition to End Social Isolation & Loneliness recommends the following actions to help remain socially connected and combat the effects of isolation:

- **Connect Virtually** - connect with colleagues, family, and friends over virtual platforms
- **Maintain a Well-Balanced Lifestyle** - eat healthy, exercise, meditate, and maintain a daily routine
- **Help a Neighbor** - With precaution, help run an errand for a neighbor
- **Stay Positive** - focus on the altruistic reasons for social distancing and disease prevention

The Coalition to End Social Isolation & Loneliness brings together a diverse set of national organizations including consumer groups, health plans, health care providers, technology innovators, patient advocates and more to develop and advocate for federal policy solutions to address the epidemic of social isolation and loneliness. For more information, please visit: www.endsocialisolation.org, our COVID-19 Resource Center at www.endsocialisolation.org/COVID-19 and @EndSocialIsolation on Twitter.



The census counts every generation.

Every 10 years, the United States counts everyone who lives in the country. From newborn babies to the oldest among us. It is important for everyone to complete the 2020 Census so that communities like yours can be accurately funded and represented.

Responding is important.

The 2020 Census will influence community funding and congressional representation for the next decade. Information collected in the census will determine how \$675 billion in federal funds is given to states and communities each year. That includes money for things like:

- First responders
- Medicare Part B and Medicaid
- Supportive Housing for the Elderly Program
- Libraries and community centers
- Supplemental Nutrition Assistance Program (SNAP)/ Food Stamps
- Supplemental Nutrition Senior Community Service Employment Program

Responding is easy.

Beginning in mid-March 2020, you can respond to the census online (my2020census.gov), by phone (toll-free at 1-844-330-2020), or by returning your Census form by mail. Choose the option that is most comfortable for you. Large-print guides to the questionnaire are available upon request. From May – July 2020, census takers will visit households that have not yet responded. A census taker can assist if you need help completing your forms.

Responding is safe.

Your personal information is kept confidential by law. They cannot be shared with law enforcement agencies or used against you by any government agency or court in any way.

CALL (314) 612-5918 IF YOU HAVE QUESTIONS OR WANT HELP.

For more information, visit:

2020CENSUS.GOV

D-OP-GP-EN-420



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United States
Census
2020



Coronavirus (COVID-19) and Older Adults



Older adults are at higher risk for severe illness after contracting coronavirus (COVID-19).

How to Prevent COVID-19

- Wash your hands often with soap.
- Avoid close contact (6 feet, which is about two arm lengths) with people who are sick.
- Clean and disinfect frequently touched surfaces.
- Avoid non-essential air travel.
- Call your healthcare professional if you have concerns about COVID-19 and have medical conditions.
- If you have concerns about COVID-19 and are sick and without a healthcare provider call 911. When you call 911 please let the dispatcher know you are concerned about COVID-19.



Stress and Coping

Since older adults are at higher risk for severe illness from COVID-19 you may experience increased stress during the pandemic.

- Take breaks from watching, reading, or listening to news stories and social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Connect with others. Talk with people you trust about your concerns and how you are feeling. Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.



[Call the City of St. Louis Department of Health with COVID-19 questions](https://www.cityofstlouis.gov/health/covid-19)
[\(314\) 657-1499](https://www.cityofstlouis.gov/health/covid-19)