



DBH Novel Coronavirus 2019 (COVID-19) Updates

DBH is working hard to determine how we can best meet the community's needs while keeping our staff safe. We will do our best to update you via our website whenever changes occur.

At this moment, we will continue providing as many services as possible via phone, and we are exploring expanded telehealth services.

Crisis Services are available 24/7 through Volunteers of America, and a DBH Designated Crisis Responder will be dispatched when appropriate; please call **800-584-3578**.

All individuals are required to have their temperature taken before entering the building.

Medications Many of you are concerned about your medications during this time. DBH is continuing to fill prescriptions as usual, with enough supply to last until your next appointment. If you need a refill before your next prescriber visit, please call the main DBH number at 360-385-0321 and leave a message or ask for nursing staff. Refills may take up to 72 hours to process. Nursing staff will only call you back if there are questions about your request. If you receive an injection as part of your DBH medication, this will take place on your normal day as scheduled. If you need to make alternate arrangements, please call the main DBH number and leave a message or ask for nursing staff.

- What you need to know about coronavirus.
 1. If you have these symptoms: trouble breathing, cough or sore throat, fever call Jefferson Healthcare COVID – 19 Nurse Hotline **360-344-3094**
or
DOH coronavirus hotline at **800-525-0127** press # for symptom evaluation
 2. Most cases of COVID-19 will not mean hospitalization, or even a trip to an emergency room. Hospital care is a precious resource that needs to be reserved for those with the most serious symptoms.
 3. Follow the advice of public health to prevent infection. These are common sense steps:
Frequently wash your hands
Don't touch your face
Stay home when you are sick. Manage your symptoms as you would a cold
Cough or sneeze into a tissue and throw that tissue away
- Continue to see your provider to address your other health care needs. Do not neglect your existing needs.
- Masks can help prevent the spread of the illness because they stop big droplets from sneezes and coughs from becoming airborne or contaminating surfaces.
- Choose one national or international source like the CDC, and another local or national source so you know what's going on in our community. DBH recommends looking at the CDC website, WA DOH, and Jefferson Co Dept. of Health and avoid searching for multiple sites, some of these may provide misinformation.

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.doh.wa.gov/Emergencies/Coronavirus>

<https://www.jeffersoncountypublichealth.org/1429/COVID-19>

- Limit the frequency of your updates. Things may be changing rapidly, but that doesn't mean you need to hang on every update. This may mean disabling constant notifications from news sites or social media. Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.
- Practice social media self-discipline. It's not easy to limit time on social media. But chances are, the information and commentary you get from friends and acquaintances on your Facebook feed is more incessant than actual updates from news or health organizations.
- It is normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Contact your friends and family and be proactive about reaching out to others you think may need extra support.
- If you must stay at home, maintain a healthy lifestyle – including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.
- Think outside yourself. Since action can allay our anxieties, you may want to also consider what you can do to help others who may be more affected by the outbreak than you.
- Take care of your children. Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention. Remember to listen to your children, speak kindly and reassure them. Make opportunities for the child to play and relax. Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.
- Avoid smoking, alcohol or other drugs to deal with your emotions. Have a plan, where to go to and how to seek help for physical and mental health needs if required.
- Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.
- Taking care of your mental and physical health is important. Follow common sense steps and avoiding misinformation.
- It is important that we take care of one another as best we can.

Jefferson County is a strong community! We will get through this together by taking care of one another.