

Create a Healthy Community

This series of activities and information was created in response to the COVID-19 pandemic of 2020. Included in information from the CDC and other public health sources to properly educate residents on healthy habits and stopping the spread of diseases and contagious illnesses, not just COVID-19. It is important to stress that COVID-19 and even the common cold and flu have nothing to do with certain people or countries, and that those living at National Church Residence Facilities may be at a higher risk for contracting common illnesses. These activities should be conducted in a calm manner and encourage actionable steps that residents can take so that they don't live in fear.

First, you will find a list of websites and resources for information. Some printable documents will follow the activity instructions page(s) that can be dispersed digitally or physically to residents. Remember to always use reliable, scientific sources when talking about COVID-19 and other illnesses.

For easy usability, all COVID-19 and Contagious Illness activities will be kept under the Enabling Community tab even though activities may fall under other pillars. This is to enforce the idea that learning and understanding how illnesses are transmitted, and learning how to prevent the spread of them is a community effort. It takes action from all residents to keep a community healthy.



Resources:

1. <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/older-adults.html>
2. https://www.cdc.gov/coronavirus/2019-ncov/faq.html#anchor_1584386949645
3. https://www.youtube.com/watch?time_continue=145&v=TjcoN9Aek24&feature=emb_title
4. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
5. <https://www.cdc.gov/coronavirus/2019-ncov/community/retirement/guidance-retirement-response.html>
6. Refer to state and local guidelines for stay-at-home orders, physical distancing measures, and if and when to quarantine.