Helpful tips during COVID-19

Remember to take care of your mental health as well as your physical health during isolation, social distancing, and quarantine.

**Groceries**
Work with local officials to find out how to arrange for groceries and toiletries to be delivered instead of going out to the store.

**Medications**
Inform your healthcare providers on any medications you may need during this time, and arrange to pick them up.

**Finances**
Speak to your employer about why you are missing work.

**Appointments**
Contact your doctors and see if you are able to do a remote appointment.

**Social**
Stay properly informed but limit media exposure.
Reach out to each other via Skype, Facetime, phone call, text, or email.

www.samhsa.gov
www.coronavirus.ohio.gov
created by the Ohio Suicide Prevention Foundation