Family resilience is not just about weathering the stress of the nation’s health crisis, such as the one we are faced with the coronavirus outbreak. It’s about families taking up the unique opportunity to turn adversity into a catalyst for the family’s growth.

Protecting your family’s health and safety is paramount. Stay at home. Practice social distancing and daily safe hygiene regimens. Follow your government’s directives. Connect with your network of people (family, friends and neighbors) that can provide practical assistance, concrete services (food shopping, medical, social services support as needed)

Many parents are at home and either temporarily out of work, with or without pay. Children are out of school or childcare and losing important learning time. While many school districts in the state have switched to remote or electronic devices, some districts have found it more difficult to effectively transition to online learning. Parents will want their children to continue their learning and together they will need to set up a disciplined way of meeting learning goals.

Family resilience is about enriching family relationships and making family members more skilled at coping with stresses to build a stronger future. It’s important for family members to sit down together, talk about the hardships, share joys, acknowledge their feelings and talk about common solutions- daily disciplines, ways members best support and respect each other’s needs.

The key is that everyone plays a part. It’s about teamwork. Build on what you as family members mean to each other, word by word, bond to bond, hold each other in love and connect as family and as community. This experience will transform and empower all of us. Source: Dr. F. Walsh Family Resilience Program.
The CDC recommends that families store additional supplies of food and water. Check prescription drugs to ensure continuous supply. Have nonprescription drugs and other health supplies on hand (pain relievers, cough and cold remedies, fluids with electrolytes). Get copies and maintain electronic versions of health records and medicines.

Americans can continue to use, and drink tap water as usual. Be sure to follow public health guidance as the situation develops.

Avoid close contact with people who are sick. If you are sick, keep your distance from others to protect them from getting sick too.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

Washing your hands often will help protect you from germs. Avoid touching your eyes, nose or mouth.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, eat nutritious foods.

The Senate approved a massive stimulus bill to help families and businesses hurt by the coronavirus epidemic.

The bill provides direct payments of up to $1,200 for most individuals and $2,400 for most married couples filing jointly with an extra $500 for each child.

Assistance phases out for individuals earning more than $75,000 and couples earning $150,000.

Unemployment benefits would be expanded, increasing the maximum by $600 per week for up to four months. Benefits would extend to part-time, self-employed, gig workers or independent contractors. Workers unemployed after state benefits end are eligible for an additional 13 weeks of benefits.

The CDC recomienda que las familias guarden suministros adicionales de alimentos y agua. Verifique los medicamentos recetados para garantizar un suministro continuo. Tenga a mano medicamentos sin receta y otros suministros de salud (analgésicos, remedios para la tos y el resfriado, líquidos con electrolitos). Obtenga copias y mantenga versiones electrónicas de registros de salud, medicamentos.

Los estadounidenses pueden seguir usando y bebiendo agua del grifo como de costumbre. Asegúrese de seguir las pautas de salud pública a medida que se desarrolle la situación.

Evitar el contacto cercano con personas que están enfermas. Si está enfermo, manténgase alejado de los demás para evitar que se enfermen también.

Cubra su boca y nariz con un pañuelo cuando tosa o estornuda. Puede evitar que las personas a su alrededor se enfermen.

Lavarse las manos con frecuencia ayudará a protegerlo de los gérmenes.

Evita tocarte los ojos, la nariz o la boca. Duerma lo suficiente, haga actividad física, controle el estrés, beba muchos líquidos, coma alimentos nutritivos.