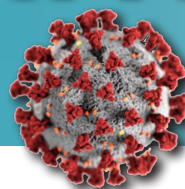


March 17, 2020



KernBHRS CORONAVIRUS Update



General Safety Information

The coronavirus disease 2019 (COVID-19) is causing uncertainty and confusion within our community. It's completely normal to feel anxious, unsettled or overwhelmed as this situation continues to unfold. Please know that KernBHRS is taking extra proactive and preventive measures to maintain safe environments for both you and our staff.

TAKE CARE OF YOURSELF

Experiencing too much stress can weaken your immune system and increase your risk of getting sick in general. It is important to take care your health. We want to remind you that there are ways to help yourself during this situation:

- Seek the latest information about COVID-19 from trusted resources, like the U.S. Centers for Disease Control and Prevention, the California Department of Public Health and the Kern County Public Health Department.
- If you do plan to follow the situation through the news media, do so thoughtfully and with a critical eye.
- The CDC recommends that everyone should practice social distancing and stay at least six feet away from another person.
- Plan ahead to feel more in control. Make contingency plans for work, childcare or travel if necessary.
- Get plenty of rest, exercise, eat well and take time for self-care.

BEST PRACTICES

The CDC recommends these tips as the best way to protect yourself and your family while preventing the spread of COVID-19:

- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

REMEMBER

If you need someone to talk to about what feelings you have been experiencing, please don't hesitate to contact our **24-hour Crisis Hotline** at **1-800-991-5272**.

KernBHRS may make changes to how group and in-person services are provided based on guidelines from officials. If this occurs we will attempt to minimize any inconvenience and avoid disruption of services.

Our staff is closely monitoring the latest information about COVID-19, and has several contingency plans in place if the need arises. We will continue to update you on any changes to our services.

Please check our website at <https://www.kernbhers.org/covid-19> or our social media platforms (Facebook, Instagram and Twitter) frequently to view any updates.



BEHAVIORAL
HEALTH & RECOVERY
SERVICES