

Slow the spread of COVID-19

Everyone is at risk for getting COVID-19, but healthy habits can help protect you, your family, and your community.

Practice these healthy habits to show you're in!

- Wash your hands often with soap and water for 20 seconds.
 - Cover your cough or sneeze with a tissue or your elbow.
 - Try not to touch your face.
 - Clean and disinfect surfaces you touch.
 - Stay home as much as possible.
 - Stay 6 feet away from other people in public.
- When you go out in public, wear a cloth face mask to cover your nose and mouth.

Join the community-wide effort to make sure everyone in Lancaster County knows how to stay safe and prevent the spread of COVID-19. Share your healthy habits on social media with the hashtag #ImIn or #EstoyEnEsto.

For accurate and up-to-date information about COVID-19, visit www.health.pa.gov.

Protecting our Children's Mental Health

36% of students surveyed reported feeling sad or depressed MOST days in the past 12 months.

Children may need to talk to a mental health professional if they are experiencing symptoms such as: **increased sadness, worry, eating or sleeping too much or too little, being angry more often or becoming aggressive towards others, or acting much younger than their age.** Physical signs such as **nausea, stomach aches, and headaches.**

Below are some tips on helping children during stressful times:

- Reassure your child their feelings are ok. "I know this might feel scary"
 - Making coping techniques a daily routine: deep breathing, exercise, scheduled times to eat and sleep.
 - Listen more than you talk. Children tend to share more when they are involved in a project.
 - Keep connected with positive people.
 - Take care of your physical and mental health

If you think your child may be experiencing a mental health concern,

Call 211 or visit www.pa211east.org.

211 can link you to mental health provider

Protecting children of addiction from abuse or neglect

It is estimated that 1 in 5 children lives in a home with someone suffering from a substance use disorder. Children of addiction are 2-3 times more likely to experience abuse and neglect.

Signs of abuse or neglect may include children who: **dress (Have clothes that are the wrong size, wrong season, or are dirty), complain of stomachaches or headaches, seem unusually sad, hopeless, indifferent and/or withdrawn, are significantly underweight, are frequently fatigued, or appear unsupervised.**

If we see these signs, Here are some things to share with children:

- it's not their fault • help is available for them and their parents • it's okay to still love your parent even though you don't like what they're doing.

If you suspect abuse or neglect, call the ChildLine (1.800.932.0313)

If you're concerned about someone's drinking or substance use – help is available at 1-800-662-HELP.

If you'd like to learn more about overdose prevention, visit www.lancasterjoiningforces.org.

Protecting our children from sexual abuse

1 in 4 girls and 1 in 6 boys are sexually abused. Children are now in limited contact with teachers, pastors, nurses, program directors and others who could help them.

Signs of sexual abuse include: **unexplained changes in behavior including outbursts of anger, aggression, depression, withdrawal, hurting themselves, fear of a specific person, sexualized behavior with other children or adults, expressing a desire to kill themselves or someone else, loss of appetite, poor sleep, and constant anxiety.**

Questions that show we care include:

- "You look really sad. Is there anything I can do to help?"
- "Is somebody hurting you or making you feel uncomfortable?"
- "Has somebody asked you to keep a secret about something that doesn't feel right?"
- "If you need to talk to someone, I'm here."

If you suspect sexual abuse, call the ChildLine 1.800.932.0313



Penn Medicine
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