

Family Activities to Do During COVID-19

For additional information, please visit coronavirus.ohio.gov.

There are so many things you can do during this time at home...you are only limited to your imagination!

Get outside and play!

- Take a nature walk at one of the 75 [Ohio State Parks](#). Check the [Ohio Department of Natural Resources website](#) for more information.
- Join your children outside for a game of hide and seek, kick the can, or a scavenger hunt around the neighborhood.
- Take your dog for a walk or visit the local playground.
- Start planning your summer garden!
- Go for a jog!
- Create an obstacle course with toys and games from your garage.

Explore More Indoors!

- Have a local library card? Many local libraries, including the [Ohio Digital Library](#), allow you to check out and download ebooks! Read aloud to each other, read silently, or take turns reading to each other.
- Start a virtual book club! Choose a book and start an online chat with your friends. The State Library of Ohio, Ohioana Library Association and Ohio Center for the Book recommend these [20 books by Ohio authors](#).
- Play games indoors! [Games for younger children](#) include Simon Says, Duck Duck Goose, or Follow the Leader. Older children can play "I Spy," charades, indoor bowling, or make up new games.
- Try a new recipe or make dinner as a family; find recipes and tips for cook with children safely on the [Cooking with Kids](#) webpage.
- Read a chapter book together and discuss the characters and plot and ask questions to encourage critical thinking. Visit the Ohio Department of Education's [Family and Community Support Toolbox](#) to find ideas to keep the reading excitement going.
- Pop some popcorn and cuddle up for a movie marathon.
- Turn up the volume and have a family dance party!
- Make a scrapbook of souvenirs from a previous vacation.
- Get the creativity flowing! Give your kids art supplies such as crayons, colored pencils, markers, or paints to create show pieces for your home. Put the artwork on your fridge or hang them around your house and host your very own art show.
- Can't get to the gym? Try an online workout or virtual yoga instruction! Or get the family together to make up your own workout or dance routines.
- Give everyone a task and get a jump on [spring cleaning](#)!
- Wish you were at the spa? Take a bubble bath and follow it up with a home manicure or pedicure.
- Family game night! Hold a Monopoly tournament or take that puzzle off the shelf.

Computer Fun!

- Learn about Ohio's rich history from the Ohio History Connection at [Ohiohistory.org/learn](https://ohiohistory.org/learn).
- What do you want to do when you grow up? Students of all ages can start exploring careers, play games, watch videos, and more at OhioMeansJobs.com.
- Challenge yourself with computer games at [PBS Kids](#).

- Are your children missing their school friends or other family members? Set up a virtual playdate with their friends or connect with family members living afar via video chat.
- Explore Ohio virtually and learn more about places you could visit in the future at Ohio.org.
- Set aside time each day to engage children with free, hands-on learning activities that foster creativity at www.InfOhio.org.
- Search [Youtube](https://www.youtube.com/) for video tutorials on how to draw, learn a foreign language, or how to make those repairs you have been putting off!

For additional information, visit coronavirus.ohio.gov.

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

Additional resources:

American Academy of Pediatrics: <https://healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

INFOhio: www.infohio.org

COVID-19 and Anxiety

Ways to Cope with Strong Feelings Related to COVID-19

Ohio Department of Health Director Amy Acton, M.D., MPH, strongly offers these recommendations for coping with anxiety related to the COVID-19 outbreak:

- Remember that distress, anxiety, fear, and strong emotions are normal in times of distress or crisis. Remind yourself and others that these feelings will fade.
- Get information from a trusted source, such as coronavirus.ohio.gov or by calling the Ohio COVID-19 call center at 1-833-4-ASK-ODH (1-833-427-5634).
 - Learn and follow tips for preparing for and responding to COVID-19.
 - Learn and follow tips on how to prevent COVID-19.
- Avoid excessive exposure to media coverage of COVID-19. It is important to get good information to help you prepare and respond, but don't overwhelm yourself or your family with information.
- Eat nutritious food, exercise, get adequate sleep, stay hydrated, avoid alcohol and drugs, and make time to relax and unwind.
- Incorporate stretching or meditation into your routine. Take deep breaths when feeling overwhelmed.
- Stay connected with friends and family. Discuss your concerns and be supportive of theirs.
- Keep participating in hobbies/activities that do not expose you to close contact with others in confined spaces.
- If you have a mental health condition, continue with your treatment plan and monitor for any new symptoms. Call your healthcare provider with any concerns.

- Recognize signs of distress:
 - Feeling hopeless or helpless.
 - Feelings of numbness, disbelief, anxiety or fear.
 - Changes in appetite, energy, and activity levels.
 - Difficulty concentrating.
 - Difficulty sleeping or nightmares and upsetting thoughts and images.
 - Physical reactions, such as headaches, body pains, stomach problems, and skin rashes.
 - Worsening of chronic health problems.
 - Anger or short-temper.
 - Increased use of alcohol, tobacco, or other drugs.

- Call your healthcare provider if your feelings overwhelm you for several days in a row.

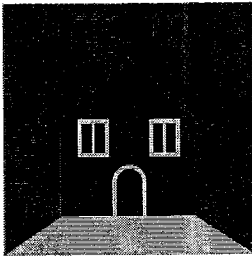
- Reach out for help:
 - Contact the Substance Abuse and Mental Health Services Administration's national Disaster Distress Helpline by calling 1-800-985-5990 or texting TalkWithUs to 66746.
 - Reach the Ohio Crisis Text Line* by texting keyword 4HOPE to 741 741.
 - Reach the Ohio Mental Health and Addiction Services Help Line* at 1.877.275.6364
 - Find a provider at <https://findtreatment.gov>.

*These functions will remain operational and staffed.

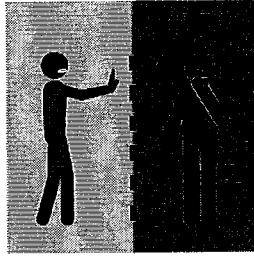
Additional resources on mental health and COVID-19 can be found at mha.ohio.gov/coronavirus.

For additional COVID-19 information, visit coronavirus.ohio.gov.

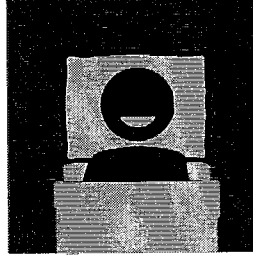
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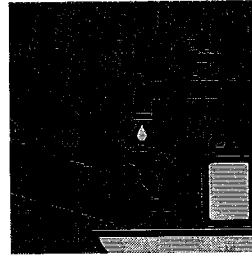
STAY HOME
WHEN YOU ARE
SICK



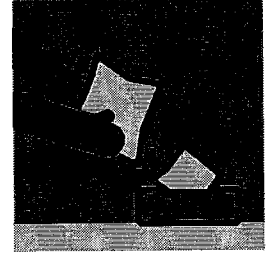
AVOID CONTACT
WITH PEOPLE
WHO ARE SICK



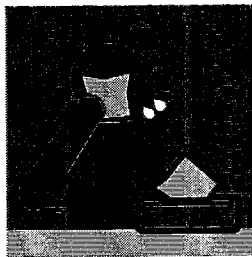
GET ADEQUATE SLEEP
AND EAT WELL-
BALANCED
MEALS



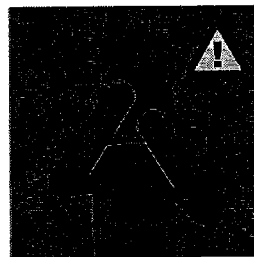
WASH HANDS OFTEN
WITH WATER AND SOAP
(20 SECONDS
OR LONGER)



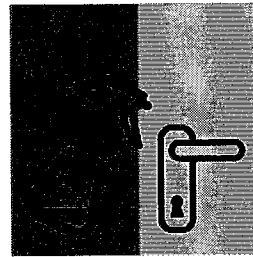
DRY HANDS WITH
A CLEAN TOWEL
OR AIR DRY
YOUR HANDS



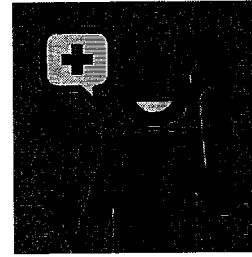
COVER YOUR MOUTH
WITH A TISSUE OR
SLEEVE WHEN
COUGHING OR SNEEZING



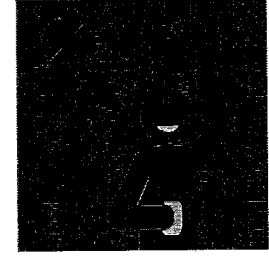
AVOID TOUCHING
YOUR EYES, NOSE,
OR MOUTH WITH
UNWASHED HANDS
OR AFTER
TOUCHING SURFACES



CLEAN AND DISINFECT
"HIGH-TOUCH"
SURFACES OFTEN



CALL BEFORE VISITING
YOUR DOCTOR



PRACTICE GOOD
HYGIENE HABITS

