Stay Informed • Get information from trusted sources.

CDC Advisory 4/6/2020:

- Cover your mouth and nose with a cloth face cover when around others.
- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

MA DPH 4/2/2020:

What Can I Do Every Day to Help Reduce Stress and Anxiety?

The following wellness tips are advised by the Centers for Disease Control and Prevention:

- Connect with friends and family
- Tell them how you are feeling. Practice physical distancing while staying social virtually!
- Get moving
- Take walks, work out at home, and stretch. Try something new!
- Eat healthy
- Get plenty of fruits and vegetables (frozen options are great!) and watch your portion sizes. Avoid drugs and alcohol.
- Plan time for enjoyable activities
- Get creative! Avoid consuming too much media coverage, including social media.

Where Can I Find Resources to Help?

Massachusetts Department of Public Health Resources and Phone Numbers:

Community Support Line (for families with children and youth with special health needs)
1-800-882-1435

Domestic Violence Resources
877-785-2020 or 877-521-2601 (TTY)

MA Sexual Assault Nurse Examiner (SANE) Program
See website for regional contact information

**MA Smokers' Helpline**
1-800-QUIT-NOW (1-800-784-8669)

**Mental Health Emergency/Crisis Services**
1-877-382-1609

**Nutrition Resources**
617-624-6100

**Problem Gambling Helpline**
1-800-426-1234

**Rape Crisis Centers**
See website for regional contact information

**Substance Use Helpline**
1-800-327-5050

**Suicide Prevention Hotline**
Call or Text: 1-877-870-HOPE (4673)

For additional information, please visit [www.mass.gov/COVID19 or call 2-1-1](https://www.mass.gov/COVID19).

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**MA DPH 3/31/2020:**
Visit https://www.mass.gov/covid19 for the latest news, case counts, and lab testing results.


- Call 2-1-1 with questions
- Text the keyword COVIDMA to 888-777 to receive notifications to your phone
- Take care of your emotional health and help others do the same. If you need emotional support during these stressful times: o **Call 2-1-1 and choose the “CALL2TALK” option.**
Samaritans is continuing operations 24/7, as always. During this unprecedented time, it can feel overwhelming to receive constant messages about COVID-19. Call or text their 24/7 helpline any time at 877-870-4673.

The Disaster Distress Helpline, 1-800-985-5990, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster, including disease outbreaks like COVID-19. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories.

National Suicide Prevention Lifeline: 1-800-273-8255 [https://suicidepreventionlifeline.org/]

National Sexual Assault Hotline: 1-800-656-4673 [https://www.rainn.org/]


The Trevor Project – 1-866-488-7386: [https://www.thetrevorproject.org/]

Trans Lifeline: 1-877-565-8860 [https://www.translifeline.org/]

If you are experiencing severe symptoms 911 immediately.

If you have any questions or are experiencing symptoms contact your health care provider.