



BE SURE TO GET YOUR INFORMATION
ABOUT COVID-19 FROM CREDIBLE
SOURCES THAT YOU CAN TRUST.



We are all in this **together** and
we will help each other.
Estamos juntos en esto
y nos ayudaremos
unos a otros.

Like these Facebook pages

Rock County Public Health Department
<https://www.facebook.com/rockcountyPHD/>

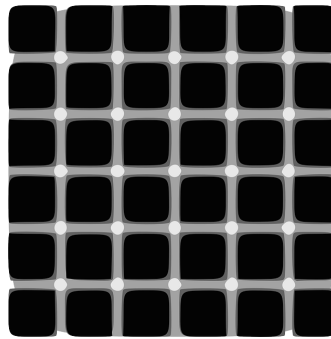
Wisconsin Department of Health Services
<https://www.facebook.com/DHSWI/>

And visit these websites

Rock County Public Health Department
<https://www.co.rock.wi.us/publichealth>

Wisconsin Department of Health Services
<https://www.dhs.wisconsin.gov/>

Center for Disease Control
<https://www.cdc.gov/>



Look at this grid. What color are the dots? If you focus on only one you can see it is white, but as soon as you look away the color shifts to grey. This is an optical illusion.

Your brain is playing tricks on you!
For other cool optical illusions and fun activities visit this website:


<https://www.allkidsnetwork.com/puzzles/optical-illusions/>

Check in with yourself.

Everyone's reaction to stress is different. Difficulty concentrating or sleeping, irritability, fatigue, and even stomachaches can be normal. But if you find you are overwhelmed or having thoughts of self-harm or suicide, **reach out for help** right away. Text HOPELINE to 741741 or call the National Suicide Prevention Lifeline at 1-800-273-8255.

la Red Nacional de Prevención del Suicidio

Lifeline ofrece 24/7, gratuito servicios en español, no es necesario hablar ingles si usted necesita ayuda. **Llama al número 1-888-628-9454.**



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health



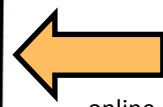
For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure



For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques



This was created by Dominee. She has a website called Blessing Manifesting, an online resource for all things self-care, self-love and more. <https://www.blessingmanifesting.com/>





Are you pregnant or have a little one under 3 months old?

Healthy Families Rock County is a free & voluntary home visiting program designed for parents who would like support to face challenges in parenting. Participants are enrolled prenatally or within 3 months of birth & involved until the child is 3 years old.

We focus on early childhood health/safety, child development/screenings, literacy & school readiness. We provide support for mothers and assist with referrals for the family's needs.

During the COVID-19 pandemic, we are still providing services (virtual or phone) with support, education and referrals.

If you are interested, please call 608-531-3345 & leave a message OR go to our Facebook page: https://www.facebook.com/RockCountyFRC/?eid=ARC2g2oqA66fJifwHoSXnLc6XU509VwkPYz4ax_JeaPhFJw1uusmUKAGgWTWlIILLNNY4L5pXJZArieP & message us your name & number and we will text or call you!

CHILDREN'S WISCONSIN- ROCK COUNTY FAMILY RESOURCE CENTER
32 E. RACINE ST, SUITE 190, JANESVILLE, WI
#608-314-9006 OR #608-531-3345

Check out this link for free Pokémon coloring pages and guides on how to draw different Pokémon, like Pikachu or Mewtwo.

<http://www.windingpathsart.com/coloring-pages-pokemon/>

Which Pokémon is your favorite?

If you were a Pokémon, which one would you be?

Can you invent your own Pokémon and draw a picture of it?

What type would it be?

What moves would it be able to do?



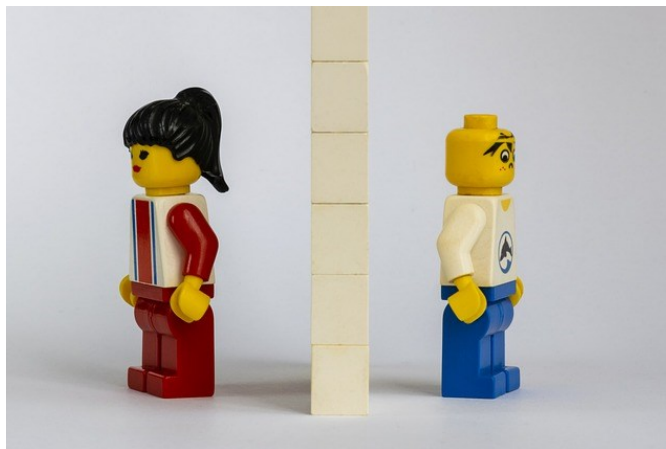
PIKACHU CROSSING

Social Distancing

Social distancing, also called "physical distancing," means keeping space between yourself and other people outside of your home.

The virus that causes COVID-19 is thought to spread mainly from person-to-person by and breathing in droplets left in the air from when someone sneezes, coughs or breathes. That is why it is important to practice social or physical distancing.

- Stay at least 6 feet (2 meters) from other people
- Do not gather in groups
- Stay out of crowded places and avoid mass gatherings



For more information about keeping kids healthy visit:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html>

You can watch a video about how Covid-19 spreads here:

<https://www.youtube.com/watch?v=m4gborCUzt&list=PLvrp9iOILTQatwnqm61jqFr5fUB4RK6J&index=6>

It is in American Sign Language, or ASL. If you don't know ASL be sure to turn on the closed captioning [CC] and you can read along!

LIMIT TIME WITH OTHER CHILDREN

While school is out, children should not have in-person playdates with children from other households. If children are playing outside their own homes, it is essential that they remain 6 feet from anyone who is not in their own household. Make sure children practice everyday preventive behaviors, such as washing their hands often with soap and water for at least 20 seconds. **This is especially important if you have been in a public place.**

LIMITE EL TIEMPO QUE PASA CON OTROS NIÑOS

Mientras estén suspendidas las clases en las escuelas, los niños no deben juntarse en persona con niños de otras familias. Si los niños juegan fuera de sus casas, es esencial que se mantengan a una distancia de 6 pies de cualquier persona que no viva con ellos. Asegúrese de que sus hijos tomen medidas preventivas cotidianas, como lavarse las manos frecuentemente con agua y jabón por al menos 20 segundos. Hacerlo es de suma importancia si ha estado en un lugar público.



*Please note that changes may happen quickly. Call or visit websites for the most up to date information.

Para información sobre los recursos que tenemos para ustedes en Rock County.



CALL 211

For information about resources in Rock County

<https://211wisconsin.communityos.org/>