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We Can Do This!

Coping with COVID, Issue 1

Resources complied by Extension Lincoln County

Quick Guide to information you can use!

1	Staying Connected
2	What is COVID Handling News Overload
3	Caregiver Tips
4	Managing Loss
5	Container Gardening Census Information
6	Food Safety
8	Where to find Help

With social distancing, many of us are struggling with feelings of loneliness. Social distancing really means **physical** distancing, or staying **physically** away from other people, we still can connect socially with others. Social isolation and loneliness can be bad for our health, and there are many ways to stay socially connected with friends and family, even if you are not able to visit them in person.

Stay connected

- Make a phone call.
- Write letters.
- Video chat with friends, family and neighbors.
- Help others by calling to check in on older children who may be alone while parents or guardians are at work.
- Get together creatively. Video conference a family dinner or a game night, or visit a virtual museum.
- If you have a smartphone or tablet, try a new app! Technology can help you stay connected in fun, new ways.
- Talk about more than just the weather. Reminisce about a family photo, pull out an old joke book, practice asking meaningful questions.
- Brainstorm a list of people that you could reach out to and make a plan to do so.

Take good care of yourself

- Get outdoors as much as you can. Sit on your porch, go for a walk, work in your yard, or plant a container garden.
- Maintain a regular routine, including mealtimes and bedtimes.
- Find ways to share your skills and talents from a distance. Make a call to a church, school, community center, or organization to learn how you can help from home.
- Perform random acts of kindness. Send notes or cards to a local residential care facility, make a donation to a local food bank or shelter, or send a note or letter of gratitude to someone in your life.
- Begin or continue a gratitude practice. Make a list of things you are thankful for, or send a note or letter of gratitude to someone in your life.
- Consider a new hobby or revive an old one. Try learning a new language, line dancing or playing bridge online.
- Check some things off your to do list. Organize family photos or clean out a closet.
- Try to move your body every day in ways that are safe for you

Most important: If you need medical care or advice, stay home and call your doctor or clinic. If you have an emergency, call 911. If you become sick or feel unwell, make sure a family member or friend knows that you are sick and have them check on you by phone or video chat every day.

Source: Stay at Home Tips: What to do if you live alone. UW-Madison Division of Extension

Look for "Mindful Minutes" throughout the flyer! These little mediations will help you calm your mind and help you better deal with the stress of the moment.

Adapted from Mindful Minutes written by Jackie Carattini, UW-Madison Division of Extension Wood County

Mindful Minute

We can always have HOPE!

Hope is another strategy for coping with stress or problems that are out of control. Hope is NOT about simply being optimistic about the future. It is about being realistic, but open to a pleasant surprise. Sometimes we are in situations where we don't have options, such as a death of a loved one, or being diagnosed with a chronic disease.

We may not have control over the situation, but we have control over our response. Choosing to be hopeful is one response that will help you deal better with it. No matter how dire the situation, we can always be hopeful about something. Hope is a powerful tool to get through tough situations.

Hope allows for inner peace and opens the possibility for options and control over our happiness. **We can always have hope!**

Know the basics about COVID-19

FOR RELIABLE INFORMATION YOU CAN TRUST, about staying safe and what to do if you have COVID-19 symptoms, go to www.dhs.wisconsin.gov/covid-19. For local up-to-date health information, recommendations and advisories visit co.lincoln.wi.us/health or the Lincoln County Health Department Facebook page (LincolnCountyPublicHealth).

What are the symptoms?
Not everyone with COVID-19 has all of these symptoms. For many, symptoms are mild, with no fever. It is important to know that you can still spread (transmit) the virus to others even if you have mild or no symptoms. Two to 14 days after exposure, people may experience:

Fever	Cough	Shortness of breath	Loss of Sense of Taste
Sore throat	Headache	Body or muscle aches	Loss of Sense of Smell
Fatigue	Nausea	Vomiting	Diarrhea

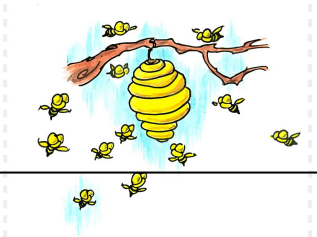
What should I do if I develop symptoms?

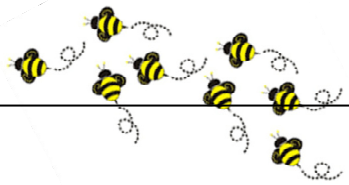
- If you become ill, stay home and call your doctor if you feel you need medical care or advice. If you are having an emergency, call 911.
- Each day, write down your symptoms so you can share accurate information with your doctor.
- Make sure a family member or friend knows that you are unwell and ask them to check on you by phone or video chat every day. Even mild illnesses can quickly take a turn for the worse.
- Practice good self-care. Get lots of rest and drink plenty of fluids.

How can I lower my risk of getting COVID-19?

- Stay home as much as possible to protect yourself and others.
- When possible, shop for two weeks of groceries at a time to expose yourself less often.
- Wash your hands regularly for at least 20 seconds especially after using the bathroom, before eating, and after touching door handles, keypads, pens, and other frequently used surfaces.

Source: Wisconsin Department of Health





Dealing with News Overload

New reports about COVID-19 are becoming more widespread and are making some people anxious. Here are some tips to help you manage your anxiety, put news reports in perspective and maintain a positive outlook.

Keep things in perspective. Take a deep breath and remind yourself that most people who contract COVID-19 will only experience mild symptoms. Work is being done to help people who may be more vulnerable to the coronavirus, such as senior citizens and those with underlying health conditions. As coverage increases, it's important to take the necessary precautions to keep your family and loved ones healthy.

Get the facts. It is helpful to adopt a more analytical approach as you follow news reports about the coronavirus. You will also want to verify information that you receive from family, friends or social media. The U.S. Centers for Disease Control and Prevention has a webpage dedicated to information on the coronavirus outbreak. You may also find useful, reputable information from local or state public health agencies or even your family physician.

Communicate with your children. Discuss the news coverage of the coronavirus with honest and age-appropriate information. Parents can also help allay distress by focusing children on routines and schedules. Remember that children will observe your behaviors and emotions for cues on how to manage their own feelings during this time. You may want to limit how much media they consume to help keep their anxiety in check.

Keep connected. Maintaining social networks can foster a sense of normality and provide valuable outlets for sharing feelings and relieving stress. You can maintain these connections without increasing your risk of getting the virus by talking on the phone, texting or chatting with people on social media platforms. Feel free to share useful information you find on government websites with your friends and family. It will help them deal with their own anxiety.

Seek additional help. Individuals who feel an overwhelming nervousness, a lingering sadness, or other prolonged reactions that adversely affect their job performance or interpersonal relationships should consult with a trained and experienced mental health professional. Psychologists and other appropriate mental health providers can help people deal with extreme stress. These professionals work with individuals to help them find constructive ways to manage adversity. Call SAMHSA Disaster Distress Hotline at 1-800-985-5990 or text "TalkWithUs" to 66746 to connect with a crisis counselor.

Source: American Psychological Association, March 2020

What to do if You Are a Family Caregiver

Family caregivers have a lot on their plate. When we are practicing social distancing, it can feel like we are doing everything ourselves. It is normal to feel overwhelmed or burdened. How can you cope with this new mode of living in a way that maintains your well-being?

Acknowledge your feelings

This is a challenging time for caregivers. Whether you live with the people you care for or live apart, you may have more stress than usual. It is OK to acknowledge your feelings, good and bad.

Develop a plan

Post a contact list on your fridge or near your phone. If you have a smartphone, program these numbers into your phone and take a picture of your contacts so you have them all in one place:

Include: Doctors' names and phone numbers; Family contacts; Close friends; Other frequently called numbers, such as the pharmacy

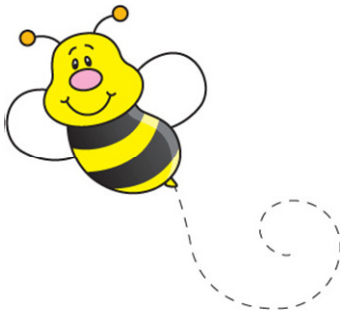
Know what you will do if you or someone in your household becomes ill

Follow the steps in Guidance for Family Caregivers available from the Greater Wisconsin Agency on Aging Resources at gwaar.org/covid-19.

If you do not live with the person you care for, call or text every day if they become ill or feel unwell. If they need medical care or advice, they should call their doctor. If they have an emergency, call 911.

Create a support system and back up plan.

- Who will care for your loved one if you become ill?
- How will you tell them you need their help?
- How will you communicate what you need them to do?



Take good care of yourself

Nurture positive emotions.

- Stop negative thoughts by saying "stop" out loud when you have one.
- Notice and savor moments of joy or calm.
- Practice mindfulness.

Look for ways to decrease demands on your time right now where possible.

- Can you ask a friend to order groceries for you?
- Can you pause any projects that aren't needed right now or don't bring you joy?

Recognize when you can take a break, and use that time to recharge.

- Can you take a few minutes to yourself while your loved one naps, talks on the phone, or enjoys a television show?
- What is one thing you could do that would leave you feeling relaxed, refreshed, or energized?

Take care of your body and mind.

- Get enough exercise, sleep, and fresh air to feel healthy and well.
- Start a new hobby or revive an old one: learn a new language, take up knitting, try line dancing, play bridge online.
- Do things that bring you joy and satisfaction

Ask for help before you are overwhelmed.

- Reach out to friends and family for support.
- Call your local Aging and Disability Resource Center (2-1-1) or the Caregiver Help Desk (855-227-3640).

Use caregiver support programs to connect with other caregivers:

- Caregiver Teleconnection– weekly live call-in events as well as archived programs all relating to caregivers. (www.wellmedcharitablefoundation.org/caregiver-support/caregiver-teleconnection)
- AARP Family Caregiver Lines: 877-333-5885 (English) or 888-971-2013 (Spanish)
- Institute on Aging Friendship Line – crisis intervention hotline and a warmline for non-emergency emotional support calls: 800-971-0016 or www.ioaging.org/services/all-inclusive-health-care/friendship-line

Source: Stay at Home Tips: What to do if you are a family caregiver. UW-Madison Division of Extension

Mindful Minute

To be present in the moment, we must learn how to stop our "racing mind". Has this ever happened to you, when you can't seem to turn your brain off?

Three important parts of your brain help you think and react: the prefrontal cortex, the amygdala and the hippocampus. The prefrontal cortex uses important information to focus, decide, analyze and reason. Here's the catch.. it only gets information when the amygdala is calm.

Feeling scared or stressed? Your amygdala is on alert! It regulates and blocks information from going to your prefrontal cortex. When you feel safe and happy, the amygdala will pass information to the prefrontal cortex so you can think clearly.

Anytime you are stressed out, breathing can come the rescue. Deep full breathing calms your amygdala and helps you think and remember clearly.

Managing Our Losses During this Time

Recently, we have all experienced loss of some sort. We've lost our freedom to move about without an increased awareness of risk. We've lost physical closeness with those we do not reside. We have lost in person gatherings due to our current "Safer at Home" orders. Each of us can create a list of our current and future (anticipated) loss. The reality is, no matter what losses we are personally experiencing, grief is a normal and expected reaction. Grief can show itself in a variety of ways in our lives; physically, spiritually, and emotionally. There is no one right way to respond to your loss. In fact, the most important thing you can do for yourself right now is to acknowledge that you are experiencing loss and begin to take notes about how you are feeling and expressing grief. As you notice your responses, you will be more able to take the best care of yourself.

It is not helpful for us to compare our loss to each other. What feels small to one person might be the big loss for another. If you find yourself in this situation on either side try to remind yourself that your shared experience is grief. You are both responding to loss that is important to you. When we remind ourselves of this, we are more able to support and care for each other. It can be very difficult to resist fixing hard situations and acknowledging strong negative emotions like sadness and fear. As humans and caregivers, we are wired to decrease suffering. By acknowledging the feelings our loved ones are expressing we validate that what they feel is real and important and we can assist them in working through their losses.

Once we recognize what we are experiencing is grief we can find ways to decrease our suffering and support those around us. First, create space in your life to manage the experiences of grief. Your sleep can be affected, your eating patterns can change and you might be experiencing a wide swing of emotional responses. All these are perfectly normal. Don't forget that many of the emotions associated with grief require physical attention to manage; exercise, sleep, healthy eating will all support the body as it experiences grief. Other strategies for managing difficult feelings include; creative arts, journaling, talking to others and creating meaning in your loss. It might feel too new right now to identify positives that are going to emerge, a gratitude practice can help us to focus ourselves on the good that is still present in the world.

It can also help us to acknowledge that family gatherings may be different for a while. Some families may choose and have the ability to celebrate together by using technology such as enjoying a meal together while staying in their own homes. If you are unable to use technology to connect, perhaps you can share your menu or recipe for your favorite food item and include this in your household meal that day. Or you can send a note or text or call to share a memory of a prior family gathering that brought you joy with those you are unable to be with in person. Remembering a happy memory releases in our brain the same "feel-good" chemicals that flooded it at the time of the actual experience. Yes, family gatherings will be different but with a little creativity we can continue to connect with our family members while following recommendations to keep everyone safe and healthy.

Take some time to think about how you and your friends and family are handling the challenges of this pandemic. During this time connect with loved ones by phone or video chat to support one another. Do not hesitate to ask for help if you are feeling overwhelmed. Call SAMHSA Disaster Distress Hotline 1-800-985-5990 or text "TalkWithUs" to 66746 to connect with a trained crisis counselor. UW-Madison Division of Extension Lincoln County has assembled a collection of resources to help with the financial, physical, emotional, and social implications of the current health crisis. Resources are available at bit.ly//ExtLinCOVID and are being added to regularly as the situation evolves.

By Debbie Moellendorf, Positive Youth Development and Health and Well Being Educator

Be kind to everyone in your life....

including yourself!

Mindful Minute

Did you know that remembering a happy memory releases the same "feel good" chemical in our brain that flooded it at the time of the experience? We can practice mindfully recalling favorite memories as a strategy to cultivate optimism, alleviate negative emotions and boost our physical health.

One suggestion is to make a "Joy List" to help you identify things that make you happy.

List those things you LOVE to do. Include everything…things that have brought you joy in the past and the present AND things you want to do in the future. They could be big things like your favorite family vacation or small like your favorite food or song.

Then take time to reflect on your list. As you savored the memories, how did it feel?

This experience of being flooded by warm emotions from a memory proves that you **CAN** affect your own thoughts and feelings, even if you can't always control what is happening around you!

Turn your blues to greens with container gardening

If some of you are like me, there has been a time during the COVID-19 pandemic when you came down with the "blues." Growing plants is one way to ease these blues. According to a fact sheet from Rutgers Cooperative Extension, gardening was first reported by be used as a therapeutic method to treat individuals in the 1100's in Clairvaux, France. In 1812, Dr. Benjamin Rush, University of Pennsylvania professor of Medicine and Clinical Practice, found that patients that worked in gardens had recovered faster than those that did not have a gardening experience. Today, several hospitals, senior centers, schools, recovery and rehabilitation centers, and correctional facilities recognize the therapeutic benefits of gardening activities. Even if you do not have a large plot of land you can take advantage of the benefits of gardening through container gardening.

Here are a couple items to take into consideration when gardening in containers.

Choosing what to plant

Several varieties have been developed specifically for containers. In general, short, compact plants work best when using containers. Vining crops, such as squash or pumpkins, may not work due to the small space requirements. Sweet corn does not do well due to its height and amount of plants needed to ensure adequate pollination.

Choosing your container

There are several items that can be used as a container garden. Examples include homemade boxes, terra cotta pots, plastic buckets, wooden barrels, bushel baskets, and even trash containers. It is important for the container to be large enough for root growth as well as being able to support the plant. For example, peas can be grown something as small as a six inch pot where tomatoes need a larger container such as a five gallon bucket. Place the container in an area that will receive at least six hours of sunlight.

Choosing a soil mix

Purchased soil mixes fall into two basic types. Soilless mixes are composed of equal parts of peat moss and perlite or vermiculite. These mixes are lighter making them ideal for container gardens or areas where there may be weight restrictions such as a balcony.

Soil containing mixes are heavier because they contain two parts soil along with one part peat moss and one part vermiculite or perlite. Due to the weight, these mixes are not recommended to be used in containers that may be moved after the growing season.

If you have any further questions on gardening or have other questions related to horticulture or agriculture please feel free to contact me at dan.marzu@wisc.edu or by phone at 608-265-2502

Dan Marzu, Agriculture Educator, University of Wisconsin-Division of Extension, Lincoln County

Have you responded to the 2020 Census?

The invitation to respond was sent out in mid-March and if you haven't responded yet, you have likely received a reminder postcard. You can respond to the Census online (my2020census.gov) or by phone (1-844-330-2020). Misplaced your initial invitation to respond? No worries, you can still respond by visiting the website or calling the Census Bureau at the above number – they can locate your information by your physical address. Responding is easy and, on average, takes less than 10 minutes to complete.

Currently, the Lincoln County response rate is lower than the State's and we want to make sure that our community is accurately reflected in the 2020 Census. The Census is used to determine how hundreds of billions of dollars in federal funding flow into communities for the next decade. This includes funding for roads, schools, medical care, and employment programs. Additionally, the result of the Census determine the number of seats each state has in the House of Representative.

Your information is safe, the Census Bureau is bound by Title 13 of the U.S. Code to keep your information confidential. The Bureau cannot release identifiable information about you, your home, or your business even to law enforcement agencies. The answers you provide are only used to produce statistics, your personal information is confidential.

If you haven't already, please respond today!

Simple Food Planning During Safer at Home

During a pandemic, you may be taking extra precautions to keep you and your family safe and prepared, including making sure you have everything you need at home. This guide contains information on food planning, including what to buy, how much to buy, and preparation tips.

Check what you have at home first

Take a look at the foods you already have in your refrigerator, freezer, and pantry before you make a list; make sure to look at expiration dates and best by dates. This can help you plan meals around what you already have, and will help you limit the number of trips to the grocery store and avoid spending money on items you don't need.

Make a shopping list

Shopping may feel more stressful at this time. Make a list ahead of time to stay focused, get the items you need, and keep your shopping trip short. Since stores may not have some specific items, create a list with general items like "fruit" and "bread"

Explore your shopping options like in-store pickup, curbside pickup, or delivery

Some grocery stores offer in-store pickup, curbside pickup, or delivery. If you are older or need to isolate, check for early shopping hours or ask someone to shop for you..

How much?

Buy what you and your family need at this time, and resist the urge to buy in much larger quantities. Prepare a shopping list that will cover you and everyone in your household for 2 weeks.

Include fresh, frozen, and non-perishable items.

Plan for a mix of fresh, frozen, and shelf-stable foods. Eat your fresh food first. Stock your freezer and pantry with items you can eat in the second week and beyond.

Adapted from My Plate, United States Department of Agriculture

Food Safety and COVID-19

Is COVID-19 going to make us sick through the food that we eat?

There is no evidence that COVID-19 is a foodborne illness. The way that we get the COVID-19 illness is primarily from breathing in infected droplets from someone coughing or sneezing. Another way that we may get sick is from contact transmission. Contact transmission is touching a contaminated surface and transferring live virus particles to the mucus membranes in our nose, mouth or eyes. We transfer the virus by touching our mouth, nose or eyes. There isn't any evidence that you can get COVID-19 from food.

How is COVID-19 different from something like Salmonella?

Salmonellosis, the illness from Salmonella, is caused by a bacteria not a virus. When we get sick from Salmonella, we have eaten a food with Salmonella bacteria in it. The Salmonella bacteria survive being destroyed by the acid in our stomach and end up in our gut, our small intestine. In the warm environment of our small intestine, the Salmonella bacteria start growing and make us sick. A foodborne illness is a gastrointestinal illness, not a respiratory illness. Some people say that a foodborne illness gives them flu-like symptoms, but that is incorrect, the flu is a respiratory illness, not an illness in your gastrointestinal tract.

While many restaurants are closed, some are open for take-out or delivery. Is carry-out food safe?

Yes, take-out food appears to be safe. There is no evidence that you can get the COVID-19 from take-out food. We don't have any evidence that you can get sick if someone who is ill contaminates the food they are preparing for you or contaminates a food package. But we all want to be extra safe just now, so there are some extra precautions that you can take for take-out food:

- Order from a reputable business that is more likely to provide sick leave and have a strong wellness policy
- If the food needs to be cooked or reheated, cook to proper temperatures (the virus that causes COVID-19 appears to be killed by standard cooking or reheating temperatures)
- Most importantly, wash your hands after handling any food package material and before preparing food or eating.

What about grocery store items? Do we need to let packaged food like cans of soup or boxes of cereal sit in the car for 24 hours before bringing it into my kitchen?

No. Information is circulating that the COVID-19 virus can survive on surfaces for perhaps several days. But there is no clear evidence that we can get sick from contact transmission of the virus; touching an unclean surface and then getting sick from that.

For grocery store items, hand washing is the best approach. Wash hands before, and after, handling any food packages. When you bring home packaged food, wash your hands before putting packages away. After picking a can or package of

food from your pantry or refrigerator, wash your hands before preparing the product and always wash your hands before eating. Social distancing and washing hands (often) are the way to keep from becoming ill with COVID-19.

What about fresh produce? That seems different, do we continue to eat fresh fruits and vegetables?

Yes. There is no reason to assume that fresh fruits and vegetables are unsafe. Regardless of where the produce is from, fruits and vegetables are a healthy part of the diet.

We know that the COVID-19 virus doesn't appear to last long on organic surfaces like the outside of fruits and vegetables, and it doesn't appear that we can get sick from 'eating' the virus. But there are some general food safety steps that we always recommend when eating or preparing fresh fruits and vegetables.

Start by washing your hands, then rinse all fresh fruits and vegetables with clean running water and dry with a paper towel before you eat or prepare them. Scrub the surfaces of melons, apples or other firm items. If you want an added safety step, dip rinsed fruits and vegetables in a vinegar solution of 2 cups vinegar + 2 cups water, allow to stand for 1 minute, then rinse again with clean water and dry with a paper towel. Research has shown that this vinegar rinse will help remove harmful bacteria like Salmonella. Whether the vinegar rinse will destroy the coronavirus, we don't yet know but we do know that it won't hurt.

What can I do to help make sure that the food that someone prepares for, and feeds, their family is safe? Foodborne bacteria like Salmonella make thousands of people sick every year. The food safety steps you can take to make sure you don't get a foodborne illness like salmonellosis can also help protect you from the coronavirus.

Follow these 5 easy steps:

1. Clean hands and surfaces often. Hand washing is key in fighting COVID-19.
2. Cook food to proper temperatures. The coronavirus will be killed by proper cooking or reheating.
3. Chill, keep cold foods cold and refrigerate leftovers promptly.
4. Separate to prevent cross-contamination. Hand washing will help to prevent cross-transfer.
5. Choose safe foods and practice safe eating habits. Avoid raw meat, seafood, eggs; raw flour or dough; raw milk; and sprouted seeds (sprouts).

Why is hand washing so important? Is there a special way to wash our hands?

The Centers for Disease Control says that hand washing is the most important defense against all illnesses; a foodborne illness like Salmonella or a respiratory illness like COVID-19. Handwashing with plain soap and water is easy and one of the best ways to fight the coronavirus.

Hand washing is easy:

1. Wet hands with warm running water and apply soap. Use a bar soap or liquid hand soap, either will work.
2. Rub hands together to make a lather. Lather for at least 20 seconds. The time it takes to sing the ABC song.
3. Rinse hands well under running water.
4. Dry, preferably with a paper towel. But a clean cloth towel will work too.

What about instant hand sanitizers?

The Centers for Disease Control says that washing with soap and water is the best way to clean our hands. But hand sanitizers may be OK in a pinch when soap and water aren't available. Choose a hand sanitizer with 60-70% alcohol. Rub the hand sanitizer across your hands, the palms and top of your hands and between your fingers, for 20 seconds. Let air dry. Don't dry your hands on your pants or clothes, this might make them dirty all over again.

For more information, individuals can subscribe to fyi.extension.wisc.edu/safepreserving/blog. This blog by the Division of Extension provides regular updates on food safety during COVID 19 along with evidence-based and proven methods for safely preparing and preserving foods.

Adapted from Dr. Barbara Ingham, Professor and Food Safety Specialist with the University of Wisconsin-Madison

Mindful Minute

We all have different reactions to stress.

Let's compare your life to driving a car. When the gas gauge is running on empty, it is difficult or impossible to keep going. Just like when we have been stressed for a period of time, we begin to feel drained and worn out. It makes it difficult to keep going.

We would never criticize our cars for dropping to empty, so why criticize ourselves.

It is time to "fill up" on the things that bring us positive energy so we can go again.

One tool is to begin and end each day appreciating the simple things in life. You can write a gratitude journal or try the ABC's of gratitude and say things that you are thankful for every letter of the alphabet. Focusing on the positive things that we are thankful for will help you begin and end your day on a positive note.

Take a minute to "Fill up on Gratitude".

Disaster Distress Helpline

SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

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. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call **1-800-985-5990** or text **TalkWithUs to 66746** to connect with a trained crisis counselor.

Mindful Minute

Mindfulness means paying attention to or being aware of the present moment. Mindfulness can help us get out of automatic pilot mode. In other words, it can help us respond to stress with a choice.

You can bring awareness to any task in your daily life, like doing the dishes, brushing your teeth or taking a shower. Don't think about the past or future, just be present.

Try this the next time you shower. Take in all the sensations of the warmth of the water on your skin, the warm moist air going in your lungs, the smell of the soap. See how this makes you feel. Even something as simple as a shower gives you the opportunity to live in the moment.

Give it a shot, try to be mindful today for one minute. Focus on what things, look, smell, taste and sound like. Clear your mind and just be present in the moment.

This is a stressful time for everyone, there is help for all who need it!

211 is an information and referral program that can provide information about COVID-19 and resources that may be available in your area. 211 is available by phone 24 hours/day, 7 days/week.

- Dial 211 or 1-800-922-5590
- Text 898-211 to communicate with a call specialist Monday-Friday 8 am-4 pm
- Text 211-211 24 hours/day 7days/week to have general COVID-19 info texted to you

Call volumes are high, please be patient and try to use the text or online options first.

For more information

Find local COVID resources at bit.ly/ExtLinCOVID

Find state COVID resources at fyi.extension.wisc.edu/covid19

Like the Extension Lincoln County Facebook page bit.ly/ExtLinFB

Be aware that criminals are attempting to exploit COVID-19 worldwide through a variety of scams. There have been reports of:

- Individuals and businesses selling fake cures for COVID-19 online and engaging in other forms of fraud.
- Phishing emails from entities posing as the World Health Organization or the Centers for Disease Control and Prevention.
- Malicious websites and apps that appear to share virus-related information to gain and lock access to your devices until payment is received.
- Seeking donations fraudulently for illegitimate or non-existent charitable organizations.

Criminals will likely continue to use new methods to exploit COVID-19 worldwide.

If you think you are a victim of a scam or attempted fraud involving COVID-19, you can report it without leaving your home though a number of platforms. Go to:

- Contact the National Center for Disaster Fraud Hotline at 866-720-5721 or via email at disaster@leo.gov
- If it's a cyber scam, submit your complaint through https://www.ic3.gov/default.aspx

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