

EMOTIONAL AND SOCIAL SUPPORT FOR COMMUNITIES AFFECTED BY CORONAVIRUS

What TUMS staffs need to do?

1. Inform students about all the reviews, updates, and implement emergency operations plans day to day.
2. Monitor and plan for the needs of the students.
3. Monitor and Plan for the educational affairs such as absenteeism, sick leave policies, virtual classes, suspending or postponing classes, canceling events and extracurricular activities, etc.
4. Provide adequate supplies.
5. Routine environmental cleaning.
6. Provision of safe accommodation.
7. Provision of meal programs.
8. Online counseling, emotional and medical support
9. Provide study groups enabled through digital media.
10. Prohibit negative behaviors and statements
11. Help counter stigma and promote resilience on campus.
12. Establish procedures for students and staffs who have got affected by coronavirus.
13. Keep sick person separate from the others.
14. Ensure health clinics or hospitals prepare for COVID-19.

What TUMS students need to do?

1. Watch these days as an opportunity to do some of those things you never usually have time for.
2. Always check the source of the news and do not follow the fake ones which mislead you.
3. Stay connected to your family and friends regularly online and/or to TUMS helpline for emotional support.
4. Look after yourself.
5. Protect yourself from stress and find new relaxation techniques.
6. Be aware of distress, accept your worries and avoid increasing them.
7. Keep up a normal daily routine as much as possible.
8. Eat healthily.
9. Do some indoor exercises and workouts.
10. Get some restful sleep.
11. Read books, watch movies, play familiar music.
12. Learn new thing and follow your interests online.
13. Play Games, which you can keep your safe zone from the others.
14. Try not to judge or find the responsible for spreading the disease.
15. Reach out for help.
16. Stay positive!

Reference

- <https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-ihe-response.html>
- <https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>
- <https://www.internationalsos.com/client-magazines/looking-after-yourself-during-the-coronavirus-outbreak>
- <https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/quarantine-at-home-coping-tips>