Safe Return to Business Series

Let’s figure it out together

8.27.20
What a Business Needs to Safely Open
Let’s figure it out together

Today’s Topics:
New School Year
New Demands
New Worries
Self-Care
Legal Disclosure:

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Self care is more than manicures, massages, trips to the tropics, and binging chocolate & wine!

- Stretch break
- Walk around the yard
- Audiobooks or podcasts
- Guilty pleasure magazines
- Time with the kids
- Light favorite candles
- Dance or karaoke in your car
- Deep joint compressions
- Call a friend
- Re-watching favorite TV/Movies
- Time with pets
- Making your favorite hot beverage
- Games on your cell phone
- Deep breathing
- Do a mud mask at home
- Drop those shoulders
- Plan for a “no alarm clock” morning
- Unplug for 1 hour
Build your own self-care plan

**PRE-ENCOUNTER:**
Those strategies done just before the anticipated encounter (client in the waiting room, just before a tough class, early hours of the day, or while parking your car to start a long day)

**DURING:**
Those strategies that can be done while the encounter is happening

**IMMEDIATELY AFTER:**
Those strategies used as soon as the encounter is over

**ON GOING:**
Those skills committed to over time and as part of a long-term self-care plan
Strategies for keeping kids engaged during remote learning

- Find opportunities for choice (camera on/off)
- Make it fun (backgrounds and filter effects)
- Seek real time feedback (chat box, polls, “thumbs up” button)
- Create a virtual plan on how to ask for help
- Integrate lots of breaks filled with kid yoga, mindfulness exercises and ways to get the “wiggles” out
- Keep healthy snacks and hydration near by
- Use gum/hard sour candy to integrate sensory breaks in the day
- Teachers/Families – Be mindful of kids’ need for privacy and safety and the differences in internet access or devices between households
Masking Tips to Maximize Compliance – The 3 P’s

Practice
- Find the style and material that’s most comfortable (make masks at home with familiar material)
- Increase tolerance over time (increase by 15-minutes a day if possible)

Pretend
- Dress up as doctors, nurses, veterinarians and get masks on those stuffed animals
- Two words: Fashion Show!!

Play
- Create a mask photo album and get families and friends to send in their selfies too
- Have fun with them – Mask up the dog, the family portraits on the wall, or action figures

PRO TIP – Exposure is everything! Keep masks laying around the house, in the car, on the bed stands, etc... The more kids see them, the more common place they will become
Strategies to support physically distancing

PRO TIP – Modeling from adults is the best way to engage youth to do the same.
Coverings, Cohorts and Contacts

FACE COVERINGS

- Mask
- Bandana
- Neck Gaiter
- Scarf

What a Business Needs to Safely Open

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NEW WORRIES: Coping with Mandatory Masking and Encouraging Employee Self Care
Tips for coping with mandatory masking:

1. Model the behaviors and attitude you want.
2. Offer resources to make compliance as easy as possible.
   + Information
   + Signage
   + Masks
   + Hand sanitizer
3. Give people out of compliance the benefit of the doubt.
Tips for coping with mandatory masking:

4. Acknowledge when someone doesn’t want to wear a mask. *Validation is powerful!*

5. Reiterate your safety protocol in a calm, kind tone.

6. Practice! Role play using realistic scenarios from your workplace.
Help staff cope with their extra responsibilities:

7. Acknowledge how challenging this can be for employees.
   + Job description likely did not include “Masking enforcement”
   + Employees are experiencing significant pandemic-related stress and anxiety

8. Have consistent check-ins with staff, individually and as a group.

9. Ask open-ended questions:
   
   How are you feeling about the operational changes?
   What are the most difficult parts?
   How can I best support you?
Help staff cope with their extra responsibilities:

10. Encourage employee self-care:
   + Model taking breaks, drinking water, prioritizing wellness
   + Structure break times
   + Offer flexibility when possible

11. Help employees focus on what they can control.

12. Remember that this is temporary (and will end more quickly with improved compliance).
Latest on COVID-19

• Testing
  • CDC Recommends Against Using Rapid Test for Asymptomatic Individuals
  • Nationwide Testing Results Delay (1-2 weeks in some areas)
  • Post-Recovery May Remain Positive for weeks
  • So what is testing good for...
    • Clinical Scenarios
    • Close Contacts to COVID Positive Patients
    • High Risk Industries
Latest on COVID-19

- **Screening**
  - Until more rapid availability of PCR Tests, symptoms are best +/- Temperature
  - Consider simple “Are you feeling unwell?”
  - Utilize [CDC Symptom Checker](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptom-checker.html)

- **Where to go**
  - Changes almost daily
  - Best to reach out to local facilities
Tools you can use:

https://northernlighthealth.org/Resources/Safe-Return-to-Business
For more information or to submit a topic for a future Zoom Conference:

Contact:
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Join us Thursday, September 10: The Importance of Prevention for Employees and their Families

The Importance of Prevention for Employees and their Families

Topics:

• Primary Care – The value of the relationship for overall health
• Pediatrics – Why it’s more important now than ever
• Vaccinations - Flu vaccinations - options for Maine employers and communities
• Mental Health Wellness

Including what resources are available to support your workforce
Join us Thursday, September 24: COVID-19 - latest information

Topics:
- Latest on testing, screening, and trends
- Tips about safe travel or working in the field
- How to have group meetings when technology isn’t an option

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