

# CORONAVIRUS (COVID-19)

## Working with New Staff

The Coronavirus is changing how we live our lives and our daily routines.

Another change in your life may be seeing new staff in your home. Staff you are used to seeing everyday, you may not see for awhile.

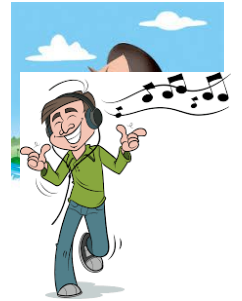
This is to make sure you and staff are safe.

If you have new staff in your home, they are here to support you.

These changes are temporary. Life will go back to normal and you will see familiar staff in your home again.

Change can be stressful. These are some activities you can do to help feel calm:

Get some fresh air in the backyard



Try deep breathing

Listen to music



Call or facetime a friend

Talk to staff