

COVID-19 BULLETIN

MATAWA FIRST NATIONS

TEENS AND COVID-19

(An excerpt from the Government of Canada Website. Some has been adapted with permission from Ottawa Public Health and School Mental Health Ontario)

Youth and students play an important role in helping to slow the spread of COVID-19 by following public health measures. Here are some do's and don'ts to ensure your safety and that of your family and friends:

Do:

- use technology to keep in touch with family and friends, such as using social media, sending an email or text, or having a phone call or video chat
- spend time with the people you live with
- stay 2 metres away from others when you go outside for a walk, jog or bike ride
- read a book or write in a journal
- catch up on TV shows, movies or video game
- cook a meal for the people you live with
- try something new like yoga, crafting or baking

Don't

- hang out with your friends in person
- have sleep-overs
- take a drive with friends or anyone who doesn't live in your household
- share food, drinks, makeup, cigarettes or vape devices

For some of you, this can be a difficult time for many reasons. School has been interrupted. You aren't able to connect with your friends in the same way. Many activities and important events have been cancelled. It's okay not to be okay, especially when the world has been turned upside down. But it's important to remember that this situation won't last forever.

You're not alone. You may feel overwhelmed, confused, scared or angry during this time. Take care of your mental and physical health during this time by:

- taking breaks from social media and the news
- practising healthy habits and a regular routine
- eat well and be active
- get enough sleep
- minimize screen time
- focusing on the good things and looking for positives in each day
- spending time doing things you enjoy, starting a hobby or learning a new skill
- staying connected virtually with your friends and extended family

It's important to take care of your mental and physical health during the COVID-19 pandemic. Ask for help if you need it. If you can, talk to a trusted adult. If you need someone else to talk to in confidence, reach out to a youth organization, such as:

- Kids Help Phone at: 1-800-668-6868
- Hope for Wellness Helpline at: 1-855-242-3310
- LGBTTQQ2SI Youth Line by texting: 1-647-694-4275

If you're experiencing violence or abuse at home, you should seek help at a time and place that's safe for you. The phone numbers above are a place to start.

