

LDF COVID News

For The Week Of May 16, 2022

Clinic Reminds Patients Of Safety Protocols

Peter Christensen Health Center staff offer a friendly reminder to patients. When visiting the health clinic, visitors must wear masks covering their chin and nose. Patients also are asked a series of questions related to preventing the spread of COVID-19. And, if you have COVID-19 symptoms, please call ahead to discuss health center requirements for visiting the facility when you are feeling ill.

Tips For Helping Family Cope With Stress

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful and overwhelming. Learning to cope with stress in a healthy way will help you, the people you care about, and those around you become more resilient. The Center for Disease Control offer tips for coping with stress. Please enter this link into your search engine for stress tips:

<https://bit.ly/3L9JFTZ>

Take steps to protect your family's mental health.



- ✓ Try to keep up with regular routines.
- ✓ Find safe ways to keep your family connected with friends and other family members.
- ✓ Teach your family healthy coping skills by modeling them yourself.
- ✓ Take breaks, get plenty of sleep, exercise, and eat well.

Where Can I Find Free Test Kits In Our Community?

- 📍 Peter Christensen Health Center Entrance
- 📍 Lac du Flambeau Tribal Police Department Entrance
- 📍 Call Incident Command Team: Dan Thompson or Stacy Stone

Got COVID Questions? Need COVID Supplies?

Call Dan Thompson: 715-588-4277 or Stacy Stone: 715-588-4454