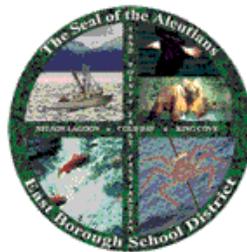
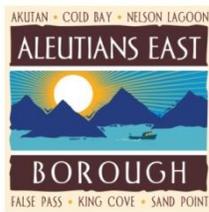


In the Loop



Eastern Aleutian Tribes

Bringing the Aleutians East Borough, the AEB School District and Eastern Aleutian Tribes together by sharing common goals.

Latest Tips to Prevent COVID-19 from Eastern Aleutian Tribes

Here is the latest flyer from Eastern Aleutian Tribes. It contains information on the importance of social distancing, engaging in coping skills, focusing on the facts, the importance of routines, emotional connectivity, focusing on what you can control, etc. Please see poster below for details.

COVID-19: SOCIAL DISTANCING NOT EMOTIONAL DISTANCING



Practice **social distancing** to avoid transmission of COVID-19. Avoid large groups of people (10+ people). **Emotional connections** are those activities that create a bond between you and someone who cares about you.

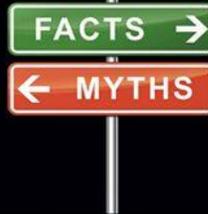
ENGAGE COPING SKILLS

- Positive self-talk
- Distraction (puzzles, movies, music)
- Grounding (yoga, exercise)



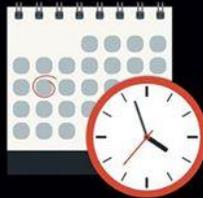
FOCUS ON THE FACTS

- Use reputable sources for your information
- Talk with your children about what they may be hearing and explain the facts (age 5+ can understand simple concepts)
- Limit your exposure to excessive news and social media



ROUTINE IS IMPORTANT

- Plan, make a schedule for your day
- Routine sleep
- Routine exercise
- Routine meals
- Routine self-care



EMOTIONAL CONNECTIVITY

- Skype or FaceTime to see friends and loved ones
- Phone calls with friends and family
- Stay connected on social media (with limits)
- Enjoy family time: games, books and educational websites



FOCUS ON WHAT YOU CAN CONTROL

- Your time/your child's time
- Handwashing
- Covering your mouth when you cough and sneeze
- Sanitize light fixtures and door handles, make it fun and have the kids help
- Avoid touching your face



OUTDOOR ACTIVITIES

- Go for a walk
- Play backyard games
- Scavenger hunt
- Family hike
- Go for a bike ride



If you have news you'd like to share or if you'd like to subscribe, please email ltanis@aeboro.org or call Laura Tanis at (907) 274-7579.





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[*Link to AEB's Facebook page*](#)

[*Link to King Cove's Facebook page*](#)

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[*Link to Sand Point Department of Public Safety page*](#)

