

What to Say to Someone Who Has COVID-19



Hearing that someone you love has COVID-19 can be scary. If you know someone who has been diagnosed with COVID-19, it can be hard to know what to do. Here are some tips to help when someone you love is sick:

- Acknowledge how hard it is to self-isolate in their houses, but remind them that they are doing an important thing to keep their family and community safe. Help them brainstorm activities to keep them entertained in their bedroom and suggest hanging their mask on the door handle to remind them to put it on anytime they leave. If communication with masks is hard for them (for example, if family members are hard of hearing) suggest using pen and paper to write messages out for others.
- Encourage them to participate with contact tracing (call the Massachusetts Partners in Health number at 857-305-2728) and thank them when they do!
- Remind them that it is okay to call their doctor if they need more medical care.
- Encourage them to communicate their symptoms to a trusted adult at home.
- Do a “water challenge” with them to remind them to stay hydrated, and text each other how many ounces you are drinking!
- Connect them with local and state-wide support programs, like food and grocery delivery in your area, if they need help
- Think about games you could play together virtually on your phones or computer. This way you can both stay connected during this hard time.
- Being heard is important! Make sure you are in a place to really listen to them if you reach out.

LEARN MORE ABOUT THE VACCINE AT:

Greater Lowell Health Alliance: greaterlowellhealthalliance.org/covid-19

Lowell Community Health Center: lchealth.org/patients/covid-19-updates

CDC: cdc.gov/coronavirus/2019-ncov/vaccines/faq.html

MA DPH: mass.gov/info-details/covid-19-updates-and-information# covid-19-vaccine-

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#ThisIsMyWhy

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