

What to Say to Someone Whose Loved One Died From COVID-19



COVID-19 causes very serious illness, and it is very likely that you or someone you know has lost or will lose someone very important to them during this time. So how can we care for people during their grieving process without risking the further spread of COVID-19?

Tip 1: Understand the grieving process.

We all grieve differently and for different lengths of time. They may have extreme emotions or behaviors. Some people may be angry, depressed, detached, numb, or confused. Be patient and kind, even if someone else's grieving process looks different than your own.

Tip 2: Be a good listener.

It's most important to listen to someone when they are grieving. They need to feel that their loss is being acknowledged, that it's not too terrible to talk about, and that their loved one won't be forgotten. You don't need to insist that they talk to you, but just be there when they are ready.

Tip 3: Provide ongoing support.

Sometimes people feel a lot of support soon after someone dies, but then the support goes away. Continually check in and offer support for the long haul. Many cultures and religions have traditions when a person dies that occur later. Check in with shared acquaintances, or research, what some of these might be and reach out when it's appropriate. Offer extra support on special days (birthdays, holidays, anniversaries, etc.)

Tip 4: Offer practical assistance.

Although it's hard to be there physically, offer specific things that you can do to help them. Think about what would be helpful to you if you were processing the loss of a loved one. Ask if they would like to go for a walk outside with you. If you are able, send them something they need, even if it's just a mask.

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-

This program is supported by funds from the Greater Lowell Community Foundation COVID-19 Emergency Response Fund.



GLHA
GREATER LOWELL HEALTH ALLIANCE



#ThisIsMyWhy

*Source: CDC | Rev. 3/4/21