



COVID-19 BURNOUT:

Tired of hearing about COVID-19?

It's natural to feel burn-out, but our community must continue to take measures to control the spread of COVID-19.



**3
W'S**

Wash your hands often, *wear* a mask if you are able, and *watch* your distance to keep six feet of space between you and others not in your household.



Try these ideas

to make the three W's easier to follow:

Make a commitment to wash hands, maintain physical distance of six feet, and wear a mask in public.

Stay flexible as recommendations change, and follow reliable and trustworthy information.



Practice precautions until they're second nature. Repeat the three W's until they become a habit.



Keep necessary supplies handy, including a mask, hand sanitizer, etc.

Use stories to understand risks and consequences.

Stories of those who have faced COVID-19 can help make it more personal to you.



Give kids some choices. Allow kids to pick out masks in fun patterns or choose favorite scents of hand sanitizer.

Involve children in keeping families consistent. Encourage them to remind you to put on a mask just like they would remind you to wear a seatbelt.



Information taken from: "How to Deal with Coronavirus Burnout and Pandemic Fatigue." Johns Hopkins Medicine, 11 Aug. 2020, <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/how-to-deal-with-coronavirus-burnout-and-pandemic-fatigue>. Accessed 22 Oct. 2020.

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