

Developed on 21 April 2020

*NOTE: This is an interim guidance document, representing sound public health practice and information as it is currently available. It will be updated any time any new guidance is released on this topic.*

## **EVERYBODY DOING THEIR PART: Families Caring for Each Other in Their Households**

### **How these guidelines reflect faithful Christian practice:**

God calls us to bear one another's burdens (Galatians 6:2) and to love, honor, and respect those in our families. If we do our part to support one another, we can lessen each other's burdens in the midst of this outbreak.

The most important thing we can do to get through this outbreak is for us all to support each other. Together, we meet this challenge and work to stay healthy. To do, this everyone needs to offer support to the people in our households and in the community.

#### **▪ Parents caring for their children**

- Do activities together
  - Help your children with their schoolwork
  - Read a book together or use your imagination to make up stories. Take turns adding to the story.
  - Make drawings with paper and pencils or crayons or draw in the sand or dirt with small sticks
  - Do household chores together
- Communicate clearly and lovingly
  - Tell your children what you would like them to do rather than telling them what they're doing wrong.
  - When you're tired or stressed, you may be short-tempered when you talk to your children. This is understandable but doing this will only increase stress. Try to talk to your children in calmly. If you're able, take a few moments for yourself to de-stress.
  - If your children do something helpful or kind, be sure to let them know how much you appreciate what they did.
  - At the end of the day, talk to your children and tell them at least one good thing they did to help out in the household.
- Develop a routine
  - Create a regular, practical routine for each day. That way, both you and your children will know what to expect.
  - Teach your children about ways everyone is keeping safe. Give your children a role in doing this.
    - > Teach them about things they should do—for example, washing their hands, avoid touching their face, coughing or sneezing into their elbow.
    - > Ask your children to create signs or drawings to encourage people in the neighborhood. When they've finished them, post them in your windows or on your compound gate so your neighbors can see them.

## ▪ Spouses caring for each other

- Spouses must work together to make sure everyone in the household is safe and healthy.
  - If you leave the household to work, do your best to avoid infection so that the virus stay OUTSIDE the house. See the GUIDANCE FOR INDIVIDUAL INFECTION CONTROL GUIDELINES document for the steps you can take.
  - If you stay at home, do your best to make sure the house stays neat and clean. See the GUIDANCE FOR HOUSEHOLD INFECTION CONTROL document for the steps you can take.
  - Divide responsibilities and duties evenly. Everyone has lots to do; don't expect too much from your spouse.
- Support your spouse.
  - Express your appreciation for all they're doing.
  - If you're stressed, tired, angry, or anxious, take a few moments if you can to relax. Your mood will affect the way you act toward your spouse.
  - Show patience and good humor if you know your spouse is doing their best in the middle of these efforts.
- Know your limits
  - If you feel really tired, stressed, or anxious and worry that it will affect how you'll react with your spouse, minimize discussions or conversations about serious subjects such as finances or infections until you feel better.
  - Don't expect too much from anyone in your household, including yourself! We haven't experienced anything like this before so do your best to give everyone a break, including yourself.
  - If your spouse said or did something that bothered you and this is not a common pattern, it's okay to talk with someone else about it, even if you have to do so via SMS or mobile phone.

## ▪ Adult children caring for aging parents

- Ask your parents to stay inside and away from others. Do what you can to ensure your parents are able to avoid being around those who are showing symptoms. If possible, discourage family members from visiting your parents, especially those with children because children may be infected and never show any symptoms at well but they could pass it on to others. The illness from the virus is more severe in people who are older. Of course, family can stay in touch through phone calls, Whatsapp, Facebook, and SMS messages.
- Ensure that your parents are following infection control guidelines. Make sure they are aware of the things that individuals should do. Share the GUIDANCE FOR INDIVIDUAL INFECTION CONTROL GUIDELINES document with them so they know the steps they can take. Share the GUIDANCE FOR HOUSEHOLD INFECTION CONTROL document for the steps they can take to prevent infection in the household.
- If your parents have a chronic health condition, they may have difficulty finding an appointment at the health centre or clinic. Try to help them manage symptoms of the chronic condition. If possible, ensure they have a long-time supply of needed medicines from the chemist or dispensary.
- If you're caring for one or more parents in your own home, follow infection control guidelines to minimize the possibility of exposure to the virus.



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