



Thursday, April 23, 2020

### **4/23/2020 COVID-19 Updates**

#### **One new case of COVID-19 in Chautauqua County today**

##### **Chautauqua County statistics:**

- 29 confirmed cases, including one new case of a female in her 30's;
- 2 active cases - continue to recover under orders of the Local Health Official per NYS Public Health Law;
- 24 recovered cases;
- 3 deaths;
- 51 cases under quarantine/isolation orders by the Public Health Director and being monitored. Not all of those being monitored are confirmed to have COVID-19 but have either shown symptoms, are awaiting results, or have risk factors; and
- 653 negative test results to date.

##### **TAKE CARE OF YOURSELF AND YOUR COMMUNITY**

The risk of COVID-19 infection is top of mind for most but many other risks of this pandemic are indirect and can stem from feelings of isolation during this time of social distancing. Staying home can negatively affect the mental health of many, including young people. Although young people can understand the importance of staying home and practicing clean habits, feeling locked inside is not good for a lot of people.

It is important to help people, young and old, understand that feeling sad, worried, confused, scared and angry is normal. It is important to stay positive in this time of uncertainty. Coping with stress in a positive way will help you, your loved ones, and your community become stronger.

##### **Ways to cope with stress:**

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body.
  - Take deep breaths, stretch, or meditate.
  - Try to eat healthy, well-balanced meals.
  - Exercise regularly, and get plenty of sleep.

- Avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- 

## **PARENTS AND CAREGIVERS, TALK TO YOUR KIDS ABOUT ALCOHOL AND DRUG USE**

Parents, take this time, when your kids are around more, to talk to them about alcohol and drug use.

### **Talk. They Hear You.**

Parents have a significant influence in their children's decisions to experiment with alcohol and other drugs. If you talk to your kids directly and honestly, they are more likely to respect your rules and advice about alcohol and drug use. When parents talk with their children early and often about alcohol and other drugs, they can protect their children from many of the high-risk behaviors associated with using these drugs. Kids don't always have all the facts when it comes to alcohol and other drugs. If parents don't talk about the risks of underage drinking and substance use, their kids might not see any harm in trying alcohol and other substances. SAMHSA (Substance Abuse and Mental Health Service Administration) has an underage drinking prevention campaign to help parents and caregivers start talking to their children early about the dangers of alcohol. Talk. They Hear You.

The "Talk. They Hear You." campaign aims to reduce underage drinking and substance use among youths under the age of 21 by providing parents and caregivers with information and resources they need to address alcohol and other drug use with their children early.

## **5 Goals When Talking to Kids about Alcohol and Other Drugs**

### **1. Show you disapprove of underage drinking and other drug misuse.**

Over 80 percent of young people ages 10–18 say their parents are the leading influence on their decision whether to drink. Send a clear and strong message that you disapprove of underage drinking and misuse of other drugs.

### **2. Show you care about your child's health, wellness, and success.**

Young people are more likely to listen when they know you're on their side. Reinforce why you don't want your child to drink or use other drugs—because you want your child to be happy and safe. The conversation will go a lot better if you're open and you show concern.

### **3. Show you're a good source of information about alcohol and other drugs.**

You want your child to make informed decisions about alcohol and other drugs with reliable information about their dangers. You don't want your child to learn about alcohol and other drugs from unreliable sources. Establish yourself as a trustworthy source of information.

### **4. Show you're paying attention and you'll discourage risky behaviors.**

Show you're aware of what your child is up to, as young people are more likely to drink or use other drugs if they think no one will notice. Do this in a subtle way, without prying.

### **5. Build your child's skills and strategies for avoiding underage drinking and drug use.**

Even if you don't think your child wants to drink or try other drugs, peer pressure is a powerful thing. Having a plan to avoid alcohol and drug use can help children make better choices. Talk with your child about what they would do if faced with a decision about alcohol and drugs, such as texting a code word to a family member or practicing how they'll say "no thanks."

## **"Talk. They Hear You." Mobile Application**

Practice talking to your kids about the dangers of alcohol.

The app features an interactive simulation that helps you learn the do's and don'ts of talking to kids about underage drinking. Using avatars, you will:

- Practice bringing up the topic of alcohol
- Learn the questions to ask
- Get ideas for keeping the conversation going

Prepare for one of the most important conversations you may ever have with your kids about underage drinking. SAMHSA's "Talk. They Hear You." app is available on desktop computers and on the go from the [App Store<sup>SM</sup>](#), [Google Play<sup>TM</sup>](#), the [Windows<sup>®</sup> Store](#), and [Windows<sup>®</sup> Phone Store](#).

Get all the information and resources for "Talk. They Hear You." here: <https://www.samhsa.gov/underage-drinking>

**Access daily updates on COVID-19 in Chautauqua County in any of these ways:**

- The COVID-19 page of the Chautauqua County website at [chqgov.com](http://chqgov.com);
- Chautauqua County Health Department Facebook page at [www.facebook.com/myhealthycounty/](https://www.facebook.com/myhealthycounty/);
- Chautauqua County Government Facebook page at [www.facebook.com/chautauquacountygovernment](https://www.facebook.com/chautauquacountygovernment);
- Direct email to the "Monday Morning Memo" distribution list. Individuals can sign-up to receive these alerts by going to [chqgov.com](http://chqgov.com) and under the County Executive's page signing up under the Monday Morning Memo Newsletter tab.
- Listen to the daily update of COVID-19 cases in Chautauqua County by calling the Chautauqua County Public Health COVID-19 Hotline at 866-604-6789 and selecting option 6.

**Link to Chautauqua County COVID-19 Map:**

<https://chautauquacounty.maps.arcgis.com/apps/opsdashboard/index.html#/012d07321ad6415c8cf17c4f673643c9>

###