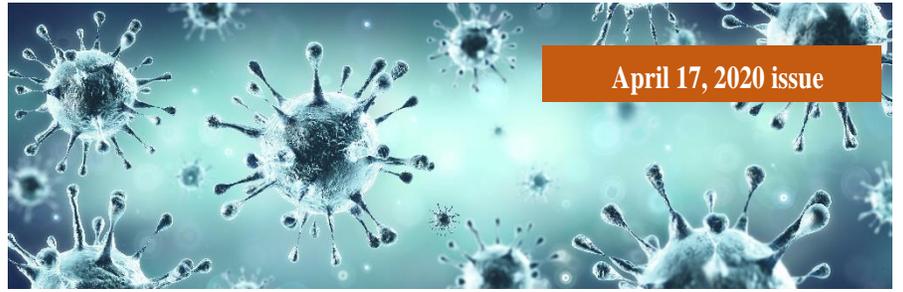


## Mission

Working together to foster healthy communities through disease prevention & control, health promotion, environmental protection and emergency preparedness & response. The District serves the cities and counties of Dinwiddie, Emporia, Greenville, Hopewell, Petersburg, Prince George, Surry and Sussex.



April 17, 2020 issue

Figure 2- COVID-19 – A world pandemic (see resources inside)

# Crater Health District

www.craterhd.net

## Immunity Boosting Plants

Spring has sprung and with so many people suffering from allergies and flu, it might be a good time for us to turn to the garden for help. What do **Echinacea**, **Elderberry**, **Ginger** and **Garlic** have in common?

They all can be grown in the garden and they have natural healing properties. Research these and other herbs to find out more about these medicinal plants. You can find recipes and frequency of use online, but remember to proceed with caution as you may be allergic, or find that your body responds differently. Always check with your physician if you have questions.



Figure 1 - Ginger root

## Director's Corner

*Selfless acts of kindness help make our future brighter, stronger and healthier.*

### Greetings,

As the Crater Health District of the Virginia Department of Health thinks about April, we traditionally observe National Public Health Week (NPHW) and opportunities to celebrate healthy living and learning through community events. Although we are unable to come together to host and/or support community events, we can observe NPHW in our efforts to fight the spread of COVID-19.

I must first say "Thank You" to everyone who has shown empathy towards another human being during this time. Perhaps it was providing an essential service, checking on your family/neighbors through a phone call/social media or providing grocery or prescription deliveries to seniors or disabled members of our community. These are just a few of the courageous acts that are being witnessed during this time. Selfless acts of kindness help make our future brighter, stronger and healthier.



We can all play a part in the future of our changing world. Everyone has a significant role in containing the virus. I am requesting that we all follow the national social distancing recommendations from the Center for Disease Control (CDC)

Social distancing, also called "physical distancing," means keeping space between yourself and other people outside of your home. To practice social or physical distancing:

- Stay at least 6 feet from other people
- Stay at home as much as possible

Stay up to date by checking the website of the Center for Disease Control at <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>

# Mindful Moments

*Are you interested in clearing your mind at work, or at home, or doing some type of mindfulness meditation but don't think you have the time? We've found several mindfulness exercises you can do in a minute or less. You can do these exercises alone, or with another person.*

## **Yawn and Stretch for 10 seconds every few hours**

Start with a fake yawn, this will trigger a real yawn. Say “ahh” as you exhale. Notice how a yawn interrupts your thoughts and feelings. This brings you into the present. Then stretch really, really slowly for at least 10 seconds. Notice any tightness and say “ease” or just say hello to that place (being mindful — noticing without judgment). Take another 20 seconds to notice and then get back to what you were doing.



## **Hug and Breathe for 30 seconds every few hours, or when anxious**

Hug someone in your home tight and take 3 big breaths together. Even if they don't breathe with you, your breathing will ground them. If you are doing this exercise alone, you can give yourself a big hug, take 3 big breaths in and out and repeat a second time to notice if your breathing gets slower and deeper.

# Trauma-Informed Care

Trauma is an event. It is something that happened to you and not what's wrong with you. This has become a traumatic time within our world history because of the amount of illness and death associated with novel coronavirus. The last pandemic was the Spanish flu occurring in 1918 and lasted two years. Being trauma informed can help people understand what's happening to them during this time. Trauma-informed care is seen as a strengths-based framework that is grounded in an understanding of the impact of trauma. Please use the suggested practices below when helping others through these trying times.

**UNDERSTAND TRAUMA IS REAL** Remember that people respond differently (the flight, fight, or freeze reaction). Stay safe, calm and aware at all times of your environment. Practice supportive care. Perform “check-ins” with each other (phone calls, text messages, social media, etc).

**BE EMPATHETIC** Try to understand people's trauma and vulnerability. “*I hear you and you matter*”

Language can be a barrier. Be patient with cultural language and religious differences. Practice humility to **RECOGNIZE THE NEED.**

**LISTEN** to learn someone's story and navigate the best plan of action if given the opportunity. Ask, “how may I help?”

**TRAUMA RECOVERY** starts when we **RESPOND TO THE NEED** (not the behavior) of the person. Stay driven to find the need and suggest specific paths and/or supports to help them move forward.

**RESIST RETRAUMATIZATION** The worst interactions could make a bad situation horrible. Instead, try to provide the foundation for a healing, hopeful, honest and trusting interaction.

# Southside Trauma Informed Community Network *happenings...*

The Southside Trauma Informed Community Network (STICN) exists to create a community of wholeness. The Network strives to recreate the norm from trauma to resilience by building awareness, knowledge and engagement of trauma recovery.

STICN is working to bring trauma informed programming to you remotely. The next virtual meeting of the Southside Trauma Informed Community Network is Thursday, May 21, 2020 at 10 a.m. To find out more information about this meeting, log onto: [www.yourunitedway.org](http://www.yourunitedway.org). You may also email Brian Little, the Chair/Convener of STICN, at [brian.little@vdh.virginia.gov](mailto:brian.little@vdh.virginia.gov).



## A message of HOPE

Click below to hear our Beyond ACEs message for overcoming trauma through storytelling.



## VIDEO

### For more information about Coronavirus:

Crater Health District, Coronavirus Call Center | 804-862-8989 | Monday through Friday 9:30 a.m. to 5 p.m.

Virginia Department of Health, Coronavirus | Hotline 1-877-ASKVDH3 (1-877-275-8343)

<https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>

<http://www.vdh.virginia.gov/coronavirus/>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>



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