

Campus Community,

As we watch events unfold and unprecedented steps taken to control the spread of COVID 19, we must remember that immune-compromised people, older people and people with specific [health conditions](#) may be at risk for severe illness. Medical conditions that can lead to severe illness include: heart disease, diabetes and lung disease. If you or someone you live with one or more of these pre-existing conditions, you should try to limit your time spent in public and practice [safe behaviors](#); such as hand washing and social distancing of six feet or more.

If you do not have a condition that makes you at increased risk for severe illness, please help to reduce the spread of disease to those who are vulnerable by providing them with support and limiting contact when possible.

Please Remember:

- Certain people are at higher risk for severe illness from COVID-19 which may result in increased stress during a crisis.
- Fear and anxiety about the COVID-19 pandemic can be overwhelming and cause strong emotions.
- Learn more about [stress and coping](#).

Do things to support yourself:

- Take breaks from watching, reading, or listening to news stories and 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, get plenty of sleep, and 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.
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

Prepare your family:

- Follow local information at [Cowlitz County Department of Health](#).
- Know the [signs and symptoms](#).
- Take steps for those at [higher risk](#).

- [Protect yourself and your family.](#)
- Create a [household plan.](#)
- Stay Informed About Emergency Plans- know about emergency operations plans for schools/workplaces of household members. Check for LCC updates on our [COVID 19 webpage.](#)

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