

# Changing playtime while hunkering down

Juneau is in hunker down mode. Many families with children have already been changing the way they play in order to prevent the spread of the coronavirus disease (COVID-19). If your family hasn't, the time to do so is now:

- Indoor play dates should be avoided completely in order to limit any contact with the disease. Instead, families should prioritize playing outside with immediate family only.
- Choose outdoor activities that can be done with distance, like hiking and biking in order to maintain 6 feet from any non-family members in the area. Avoid activities like football or tag that involve direct contact with others. While playing during this time, please be sure to social distance, wash hands after being outside, and do your best to keep kids from touching their faces.
- Use indoor activity breaks (e.g., stretch breaks, dance breaks)

throughout the day to help your child stay healthy and focused.

In general, kids and parents should do several things to prevent getting and spreading illness:

- Clean hands often using soap and water or alcohol-based hand sanitizer.
- Cover their own mouths and nose when coughing or sneezing, either through coughing into their elbows or ideally using a tissue. Then, immediately throw the tissue away and wash their hands.
- Avoid touching their faces, especially with unwashed hands. That includes rubbing eyes or touching noses or mouths.
- Don't share cups, water bottles, utensils or food.
- Clean and disinfect high-touch surfaces daily in household common areas (e.g. tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks)

## Now accepting Volunteers and Requests for Assistance

The Volunteer and Community Collaboration Task Force is accepting both Volunteers and Requests for Assistance from individuals and businesses/organizations in the community.

- Want to volunteer? Fill out a simple form on [juneau.org/covid-19](http://juneau.org/covid-19). On the drop-down menu, choose "COVID-19 Volunteer, Donate & Assistance." The task force will connect volunteers with suitable assignments. Volunteer needs will evolve over time. Examples of current needs include drivers with insured cars, counselors/individuals with a background in mental health, caretakers, and people who can sew. People interested in volunteering for other duties should still sign up.

- Need assistance? Fill out a simple Request for Assistance form on [juneau.org/covid-19](http://juneau.org/covid-19). On the dropdown menu, choose "COVID-19 Volunteer, Donate & Assistance." The task force will do its best to connect those in need with supports. Requests for assistance may include home delivery, food and supplies, advice or counseling. Other requests for assistance are welcome.

Those without internet access can sign up to volunteer or request assistance by calling 500-0771. The Volunteer and Community Collaboration Task Force is part of the Emergency Operations Center, a unified command between the City and Borough of Juneau, Bartlett Regional Hospital, the state's Division of Public Health, and other partners.

FOR MORE INFORMATION, VISIT [JUNEAU.ORG/COVID-19](http://JUNEAU.ORG/COVID-19).

# HUNKER DOWN MEANS TO STAY AT HOME

**Taking care of yourself takes care of our community.**

Juneau residents are required to stay at home as much as possible, except to:

- work in critical jobs
- buy, sell, or deliver groceries or other important goods
- receive or provide health care
- get fresh air without contacting others

On the limited occasions when individuals leave home, they should maintain social distancing of at least six feet from any person outside their household whenever possible.

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[juneau.org/COVID-19](http://juneau.org/COVID-19)

