



These tips and suggestions were generated from the Managers' Meeting on April 15, 2020. Refer to these suggestions when dealing with COVID-19 challenges.

Tips for Dealing with COVID-19 Challenges

Seek out information from reliable sources such as VDH, VDEM, CDC, CommonHealth, etc.

Regular check-ins with leadership & staff. Being transparent. Letting staff know that you care and that you are being flexible with them to the degree possible.

View the changes as an opportunity to focus on other aspects of your job

Take time for self care

Take a day off. Use personal or annual leave to spend a day doing something for you!

Maintaining contact with fellow employees at other locations.

Maintaining a routine as much as possible

Find creative ways to schedule some fun with staff

Take walks with your family around your neighborhood

Consider alternative options when problem solving during working hours

Open your windows and enjoy the spring weather and sunshine. Get outside to walk or run when possible

Practice daily gratitude. Name all the good things you are for.

Facetime or video chat with friends and family to maintain a connection