

Newburyport Housing Authority

25 TEMPLE STREET
NEWBURYPORT, MASSACHUSETTS 01950-2713

TEL: 978-465-7216 FAX: 978 463-3080

e-mail: nha@nhahousing.com

Visit our website at: nhahousing.com

April 22, 2020

TO: ALL NHA RESIDENTS

FR: Tracy M. Watson, Executive Director



RE: WEEKLY UPDATE MEMO!

Another week has passed and we are still fighting the silent enemy of COVID19.
School has been cancelled for the remainder of the year and our offices remain
CLOSED TO THE PUBLIC until further notice.

However remember ***WE ARE ALL IN THIS TOGETHER!!!***
And the NHA Staff is still here to serve you the best we can!!



CALL US!



US!

We will respond as quickly as we can!

HELPFUL WEBSITES:

<https://www.mass.gov/orgs/department-of-unemployment-assistance>

www.newburyport.com

www.coronavirus.gov

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.



Reduce Your Risk of Getting Sick

There are things you can do to **reduce your risk of getting sick**.

- **Stay home if possible.**
- **Wash your hands often.**
- **Take everyday precautions to keep space between yourself and others**
- **Avoid going out to public places when and if possible**
- **Limit visitors to your home when and if possible**

Everyone reacts differently to stressful situations...

How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

People who may respond more strongly to the stress of a crisis include

- Older people and people with chronic diseases who are [at higher risk for severe illness](#) from COVID-19
- Children and teens
- People who are helping with the response to COVID-19, like doctors, other health care providers, and first responders
- People who have mental health conditions including problems with substance use

Take care of yourself and your community...

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community 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, walk.
 - Try to eat healthy, well-balanced meals.
 - Exercise regularly, get plenty of sleep.
- **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.

Need help?

Know someone who does?

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others

- Call 911
- Visit <https://www.samhsa.gov/disaster-preparedness>
 - Or call 1-800-985-5990,
 - or text TalkWithUs to 66746
 - Visit <https://www.thehotline.org>
- Or call 1-800-799-7233 and TTY 1-800-787-3224



Covid-19 Carrier



**Contagion Probability
%70**



Covid-19 Carrier



**Contagion Probability
%5**



Covid-19 Carrier



**Contagion Probability
%1.5**

WEAR IT
PLEASE !!