



INFORMATION SHARING REPORT

April 7, 2020

From the Desk of Howard Kunik;

This past weekend I received a message from a colleague regarding COVID-19 and how we are personally dealing with the crisis. He reminded me that while we are within uncharted territory, there are lessons learned from the past that can help us deal with this novel situation.

1. Take care of yourself. COVID-19 may turn out to be the longest marathon that we have ever run, other than maybe Hurricane Charley. COVID-19 is a response marathon to be followed by a recovery marathon.
 - Eat nutritious food. Take the time to make a meal plan so that the body and mind can maintain peak performance during the marathon.
 - Sleep. Science teaches us that sleep is essential. It improves health in multiple ways, just as lack of sleep undermines health.
 - Find a distraction. There is no way to not be somewhat obsessive about COVID-19. We learn something new every day. It can wear you out. Take a break. Walk, play a game with the family, communicate with friends. Find something that will get your mind off of COVID-19 for at least a few hours.
 - Exercise. Limit the amount of time that you sit in one place. Get up and walk. Check on fellow staff. See how people are doing. Do something that gets you up and moving.
 - Breathe. It's an amazing thing. Stop and breathe, especially if feeling really stressed.
2. Take care of our staff. The dedication of our staff provides the motivation and inspiration for us to continue. We appreciate all that you do to deal with this crisis before us. It is a continual process of implementation and re-evaluation of processes to protect us as we deliver services to our community.
3. Take care of our family. Our family members may experience the pressure and stress they may see in us. Communicate with your family about what each other needs and how you can work together through this marathon.
4. Take care of our community – communicate. Members of our community are going to be traumatized of what may be next. We have not experienced confinement and shortages and unemployment at these levels since many decades ago. We need to be equipped with sound, fact-based messaging that can be mutually reinforced across the community. Our connection with the business, non-profit, and faith communities in getting the word out that we as local government are doing all we can to get through this together is imperative. Remain honest throughout.
5. Take care of each other. If you are having a hard time ask for assistance. We may not be able to do everything being requested but there is always something to lift one's spirit.

I realize that there are those within our organization and the community who believe we should be doing more. Then there are those who question why we have shut down so many activities even if there is a promise to practice proper social distancing. We will continue to evaluate guidance given to us from the CDC, science-based information and local trends to make our decisions.