



# COVID-19 BURNOUT:

Tired of hearing about COVID-19?

It's natural to feel burn-out, but our community must continue to take measures to control the spread of COVID-19.



**3  
W'S**

*Wash* your hands often, *wear* a mask if you are able, and *watch* your distance to keep six feet of space between you and others not in your household.



## Try these ideas

to make the three W's easier to follow:

*Make a commitment* to wash hands, maintain physical distance of six feet, and wear a mask in public.

*Stay flexible as recommendations change*, and follow reliable and trustworthy information.



*Practice precautions until they're second nature*. Repeat the three W's until they become a habit.



*Keep necessary supplies handy*, including a mask, hand sanitizer, etc.

*Use stories to understand risks and consequences*.

Stories of those who have faced COVID-19 can help make it more personal to you.



*Give kids some choices*. Allow kids to pick out masks in fun patterns or choose favorite scents of hand sanitizer.

*Involve children in keeping families consistent*. Encourage them to remind you to put on a mask just like they would remind you to wear a seatbelt.



Information taken from: "How to Deal with Coronavirus Burnout and Pandemic Fatigue." Johns Hopkins Medicine, 11 Aug. 2020, <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/how-to-deal-with-coronavirus-burnout-and-pandemic-fatigue>. Accessed 22 Oct. 2020.

Sedgwick County Health Department - 316-660-7300  
Administration: 1900 E. 9th St. N., Wichita  
Main Clinic: 2716 W. Central, Wichita

SEDGWICKCOUNTY.ORG/COVID-19