

At Island Therapy Solutions (ITS), the health, safety and well-being of our clients, team members, and communities are top priorities. We are closely monitoring the guidance of the World Health Organization and the Centers for Disease Control (CDC) regarding the spread of the coronavirus. Our focus is to ensure we meet our customer’s needs while doing our part to keep our clients, team members, and communities safe.

**What We’re Doing**

Our offices remain open; we’re following prevention protocols by taking the steps necessary to reduce the threat of COVID-19 exposure to employees and clients. ITS has implemented telehealth options for some services and have initiated a more extensive cleaning procedure. Team members are being reminded to stay home if ill, ensure their hands are regularly washed, sanitize work stations after working with each client, and take extra vigilance regarding hygiene. We encourage clients with respiratory issues, fever or other health challenges to focus on their personal health and call ahead to reschedule appointments as necessary.

**Mental Health & Wellness: Steps You Can Take**

Reactions during an infectious disease outbreak can vary. In addition to washing your hands, sneezing into and throwing away tissue, you may consider the following strategies offered by the CDC to ensure optimal mental health and wellness:

* Avoid excessive exposure to media coverage of COVID-19.
* Take care of your body. Take deep breaths, stretch or meditate. Eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol & drugs.
* Make time to unwind and remind yourself that strong feelings will fade. Take breaks from watching, reading, or listening to news stories to lessen the stress and anxiety
* Try to do some other activities you enjoy to return to your normal life.
* Connect with others. Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships.
* Maintain a sense of hope and positive thinking.

**Stress in children**

We recommend you limit the child’s exposure to the news and images, but take the time to talk and answer questions. According to the CDC, “not all children respond to stress in the same way. Some common changes to watch for in children:”

* Excessive crying & irritation, worry or sadness, irritability and “acting out” behaviors
* Returning to behaviors they have outgrown (e.g., toileting accidents or bedwetting)
* Unhealthy eating or sleeping habits; use of alcohol, tobacco, or other drugs
* Poor school performance or avoiding school, difficulty with attention and concentration
* Avoidance of activities enjoyed in the past
* Unexplained headaches or body pain

**For more information on coping through this outbreak, visit the CDC’s website for additional resources and contact our office at 340.719.7007 to make an appointment.**