



COVID-19

Stay Informed

For More Information On COVID-19, Check Out These Helpful Links.

MENTAL HEALTH RESOURCES

- National Suicide Prevention Hotline: (800) 273-8255
- SAMSA Disaster Helpline: (800) 985-5990 **or** text HOME 741-741
- 24-hour Florida Blue Helpline: (833) 848-1762

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Steps to Care for Yourself

- ✚ **Take Care of Your Body.** Try to eat healthy, exercise regularly, get plenty of sleep, and avoid alcohol and other drugs.
- ✚ **Connect.** Share your feelings with a friend or family member. Maintain relationships and rely on your support system.
- ✚ **Take Breaks.** Make time to unwind. Try to return to activities that you enjoy.
- ✚ **Stay Informed.** Watch for news updates from reliable officials.
- ✚ **Avoid.** Avoid excessive exposure to media coverage of the event.

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How to Help Your Children

- ✚ Talk with them.
- ✚ Set a good example by taking care of yourself.
- ✚ Limit exposure to media and social media coverage of the event.

RECEIVE COVID-19 INFORMATION RIGHT TO YOUR PHONE!

Sign up for the daily COVID-19 updates by texting "FranklinCV19" to 888777 from your mobile phone.

DEPARTMENT OF HEALTH

Franklin
County

(850) 653-2111

State
Hotline

(866) 779-6121

-or-

<http://www.floridahealth.gov>

EMERGENCY MANAGEMENT CENTERS

Franklin County Emergency Management Facebook Page

CENTER FOR DISEASE CONTROL (CDC)

<https://www.cdc.gov>

ADDITIONAL RESOURCES

Reemployment Assistance

<http://www.floridajobs.org/Reemployment-Assistance-Service-Center>

For more information on where to find a paper packet in Franklin County, please call (850) 653-4981.