



Charlotte
DeSoto
Manatee
Sarasota

Through the COVID-19 Response initiative at The Patterson Foundation, this weekly Amplify communication aims to weave together what works in each of the counties for a healthier and more thriving Suncoast. You're receiving this message because you've been identified as a community advocate, and we hope you'll share these stories and messages far and wide in your network.

Mental Health – Florida Health

The outbreak of COVID-19 is stressful for most people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. 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.

Here is a list of things you can do to support yourself and your children:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Connect with others. Talk with people you trust about your concerns and how you are feeling
- Take care of your body. Take deep breaths, stretch, or [meditate](#). Try to [eat healthy, well-balanced meals](#), [exercise regularly](#), [get plenty of sleep](#), and [avoid alcohol](#) and drugs.
- Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way that your child or teen can understand
- Reassure your child or teen that they are safe. Let them know it is okay if they feel upset, confused, or even angry about the disruption to their normal life.

Learn more [here](#).

Mental Health and Coping during COVID-19 - CDC

Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient. Learn more about how to cope with stress during this time [here](#).

Omicron Variant: What You Need to Know – CDC

On November 24, 2021, a new variant of SARS-CoV-2, B.1.1.529, was reported to the World Health Organization (WHO). This new variant was first detected in specimens collected on November 11, 2021, in Botswana and on November 14, 2021, in South Africa. Despite the increased attention of Omicron, [Delta](#) continues to be the main variant circulating in the United States. **Read more [here](#).**

Additional Resources

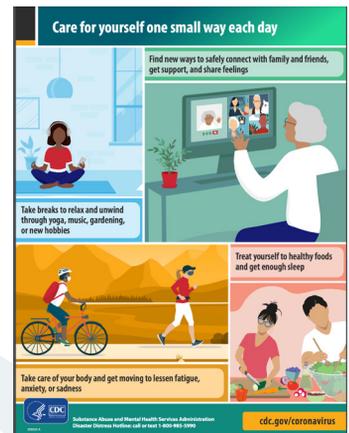
- [What You Need to Know About Variants \(CDC\)](#)
- [Omicron: What Is Known — and Still Unknown \(The New York Times\)](#)
- [Update on Omicron \(WHO\)](#)



DID YOU KNOW?

You can find additional local and national mental health resources in our previous July newsletter in English [here](#) and in Spanish [here](#).

Graphic: You can find this graphic [here](#).



Suncoast COVID-19 Stats Week of December 6, 2021

COUNTY	7 Day Rolling Ave. of Daily New Cases	*A Population 5+ with at Least One Vaccination Dose
Charlotte	23 🚫	71% 😞
DeSoto	2 🚫	55% 😊
Manatee	45 🚫	66% 😊
Sarasota	69 🚫	74% 😊

*Please note, the percentage vaccinated column now reflects the percentage of 5+ individuals vaccinated.

- 😊 Denotes a positive trend
- 😐 Denotes a trend that remained the same
- 🚫 Denotes a trend heading in the wrong direction

The measures we are continually taking are working! Each of us must continue to do our part to get back to normal. Encourage your family, friends, stakeholders, clients, and others to continue to get vaccinated. Getting vaccinated is the best protection against COVID-19. Let's keep our community's numbers heading in the right direction!

CONTACT US

Please forward this to your network, and when you have stories about overcoming and thriving during COVID-19, please send them to Cheri Coryea at:

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#COVID19
@ThePattersonFdn

