



**DIVERSUS
HEALTH**

**COVID-19
UPDATES**



If you are experiencing overwhelming stress and/or anxiety, please call us at (719) 572-6100 to receive help from our mental health experts.



DiversusHealth.org



(719) 572-6100

What is Diversus Health doing to minimize COVID-19 risk for clients and staff?

- Leverage technology wherever necessary to minimize disruption to service delivery through providing telehealth appointments.
- Increasing hand hygiene communication by placing posters about proper hand hygiene on our doors, in our lobbies and in our bathrooms.
- Ensuring our front desks and lobby areas have hygiene stations equipped with appropriate amounts of hand sanitizer and masks.
- Enhancing our cleaning processes to apply additional focus and frequency to high volume and high-touch areas.
- Creating a reporting and quick-response process if an individual suspected of having COVID-19 enters one of our buildings.
- Keeping up with CDC updates and local health department guidelines.

How does Diversus Health recommend managing stress and anxiety surrounding COVID-19?

Focus on relaxation techniques

- These include deep breathing exercises and doing activities to soothe and redirect your mind.

Limit media and news exposure to avoid overwhelming yourself

- We encourage people to be wary of where they are receiving information and to rely on CDC and local health organizations for the most accurate information.

Follow everyday preventative measures

- Maintaining a healthy lifestyle with good sleep, proper diet and exercise, and appropriate hygiene can help to minimize exposure to germs and diseases.