



Headline:

Homeward Health: Keeping Your Place Safe and Sanitized

Social: Now that you're staying home and helping to stop the spread of coronavirus, is there any more you can do for your community? There is! Read our list and contact us with any questions.

Meta: Slowing the spread of coronavirus starts at home. Literally. And while you're inside, there is actually more you can do. We'll get through this together!

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You and your family are hunkered down at home, washing your hands whenever you return from going out and various times in between. But could you do more to help keep your living space safe and coronavirus-free?

Yes, you can. It's important to sanitize frequently touched places—we're talking about doorknobs, countertops, phones, and light switches—on a daily basis.

And it's also crucial to know what to do if you or someone you live with becomes ill. Call our **Coronavirus Hotline, 317.325.COVD (2683)**, or email us at nurse@hancockregionalhospital.org. Clinical personnel from Hancock Health, who can schedule appointments, are monitoring both the hotline and the email address.

Here are a few more [tips](#) about what to do at home:

- Keep in touch with family, friends, and neighbors, especially if you or one of them becomes ill. Texting, email, and social media are all good ways to stay connected. Craft a plan about what to do if coronavirus breaks out in your area.
- Ensure your household has a current list of emergency contacts—and Hancock Health is on it.
- Take care of the emotional health of your household members, including children. Remaining calm and reassuring around [children](#) is especially important.
- Learn how to care for someone with COVID-19 at home. Choose a room in your house that can be used to separate sick household members from healthy ones and identify a separate bathroom for them to use, if possible.
- Clean the things you touch daily using household cleaners, water, and [Environmental Protection Agency-approved products](#).

Concerned? Call us 317.325.COVD (2683). We're committed to making health possible—now more than ever.