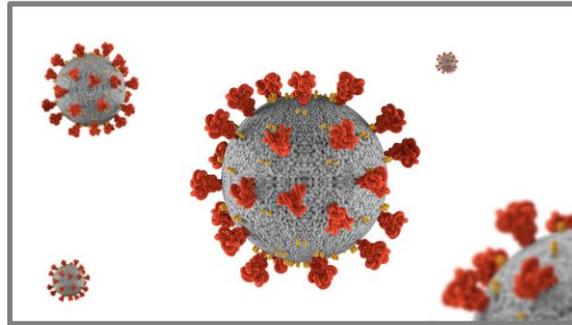


Prevent the Spread of COVID-19



Stay at Home Versus Home Stay – Your Perspective

With *Stay at Home* orders in place, this morning my husband and I talked about the differences in our lives today compared to early March. *Stay at Home* feels restrictive, confining. Yet, it's necessary in order to flatten the curve of infection. This allows medical scientists time to find and test effective treatments, develop a vaccine, and learn more in general about COVID-19.

What happens if you reframe your thinking of *Stay at Home* to *Home Stay*? For us, there was an instantaneous result. Smiles. Conversations about who won the last card game, cooking new dishes, neighborhood walks, and extra, much appreciated socially distanced time with family and friends.

Called psychological reframing, it's changing how we think about and experience events including the pandemic. We like *Home Stay*. How about you?

Stay Home, Stay Safe, Stay Healthy

B. Susie Craig

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