

# CARE Teams During a Pandemic

CARE Teams typically involve performing many personal tasks for survivors. During a Pandemic, providing this support may seem difficult, however, communicating a caring message and connecting virtually to provide emotional support can make a difference for someone.

## TIPS FOR PROVIDING CARE

- ◇ **Check in with your SFRG members BEFORE there is a crisis to ensure they have good emergency family care plans in place**
- ◇ **Know your resources so that you can offer solutions**
- ◇ **Predict and Prepare to help**
- ◇ **Practice good self care**
- ◇ **Confidentiality is a MUST**

*“When you allow your friend to talk about the one who died, you are a healer.”*



### CARE TEAM

#### **DON'TS**

- ⊘ Enter the home of someone who has been exposed to a virus
- ⊘ Meet in groups with other CARE Team volunteers
- ⊘ Meet up with anyone with whom you cannot maintain 6-feet of social distancing

### CARE TEAM

#### **DO'S**

- ☑ Call, Facetime or virtually connect with survivors
- ☑ Call, Facetime or virtually connect with CARE Team members
- ☑ Consider contact-less options of support if you can (i.e. contact-less errands, meal or grocery delivery, etc.)
- ☑ Call your Subject Matter Experts for support needs beyond your capacity
- ☑ Check in with your other CARE Team members about their emotional well-being after CARE Team activation

**Contact your Fort Carson Army Community Service:  
(719) 526-4590 • [www.carson.army.mil/acs](http://www.carson.army.mil/acs)**

