



*A note from our CEO and President  
Tomislav Mihaljevic, MD*

We're doing everything we can to keep Cleveland Clinic safe for everyone during the COVID-19 pandemic. We also want to help you keep your home safe, healthy and happy.

Curbing the spread of the coronavirus means changing the way we all do certain things. At Cleveland Clinic, we're cleaning and disinfecting more often, requiring masks, caring for COVID-19 patients in separate areas and much more.

We encourage you to continue taking steps to protect yourself and others in public, like wearing a mask and practicing safe physical distancing. It's also important to take extra precautions to keep your home safe for yourself and your family — especially since many of us have been spending more time at home during the pandemic.

Together with The Clorox Company, our Cleveland Clinic experts developed the [Safer at Home During the Coronavirus Pandemic guide](#). In it, they share the best ways to clean and disinfect your home, how to maintain social connections while you're apart from loved ones and what to do if someone in your home gets sick with COVID-19.

We are sharing this guide with you to make sure you have the information you need to keep everyone in your household safe.

### **More ways to protect your health and well-being at home**

Pandemic life is hard. Whether you're feeling a bit down, struggling with kids at home or just having a difficult time coping, we have resources from our mental health experts that might help:

- If you have children who are bored at home, [try one of these activity ideas](#) from our pediatric therapy services team.
- If you're frustrated that your loved ones aren't taking pandemic precautions as seriously as you are, stay strong with [these tips](#) from a psychologist.
- If your child's school is going virtual this fall, use [these strategies](#) to set them up for success.
- If you're struggling with the fact that the coronavirus still isn't over yet, get [tips for coping](#) and managing your stress.

We care deeply for you — our communities — and are here to help however we can. Together we can beat this pandemic. Please take good care of yourself.



**Tomislav Mihaljevic, MD**

*CEO and President*

Cleveland Clinic

**Get the latest COVID-19 updates**