



CITY OF NORTH ADAMS, MASSACHUSETTS

Office of the Mayor
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**MARCH 14, 2020, CORONAVIRUS UPDATE
FROM NORTH ADAMS MAYOR TOM BERNARD**

NORTH ADAMS, MA (March 14, 2020)

Friends,

In light of yesterday's lengthy message, I'm going to limit myself to three brief updates today:

1. As you may have seen, MASS MoCA announced today that the museum will be closed from March 16 through March 31, and all public events are cancelled through March 31 as well. I know this was not an easy decision for the team at MASS MoCA, but I appreciate that they are taking this step: <https://massmoca.org/event/covid-19-and-mass-moca/>.
2. Like many of you, I am seeing a lot of information and advice online, and I particularly appreciate the messages that are clear, factual, and that offer easy to follow advice. There are many of these, but I found this **COVID-19 (Coronavirus): Health advice for parents and children** information sheet from the Irish government particularly effective, especially the section about explaining COVID-19 to children. I would recommend it to parents and caregivers: <https://www.gov.ie/en/publication/178c07-covid-19-coronavirus-health-advice-for-children/>
3. Finally, with rapidly changing information, uncertainty and concern, and recommendations that change the ways we all go about our daily lives, I want to put in a plug for self-care. I encourage all of us who can to eat well, drink plenty of water, exercise (in the fresh air if possible), get enough rest, and find time to engage in a hobby or leisure activity to keep yourself centered. My team – and my family! – know that I am much better at giving this advice than I am at following it, but I also know each of us is much better prepared to care for others when we take good care of ourselves.