

Tackling the Immediate Tasks

COPING WITH LOSS
DURING THE PANDEMIC

GRIEF
SPACE

Support Practices Adapted for this Challenging Era



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REV. 04/28/20

This pandemic has shattered any illusions that we are in control of how and when we say goodbye to our loved ones and honor their memories. The tips below will guide you through the necessary immediate tasks.

CHECKLIST

- Call a funeral home; **let them know if it is a COVID-19 death.**
- Discuss visitation options (open or closed casket), burial and cremation.
- Follow safety guidelines provided by your funeral professional.
- Given travel and assembly restrictions, consider (with family input):
 - Livestream, Zoom, Skype or YouTube the service.
 - Private funeral for immediate family only, followed by larger memorial service when restrictions have ended.
- Call clergy as appropriate for the deceased's faith and wishes.
- Collect data required for the official death certificate, namely Items #1-20 and #51-55 listed here: [Standard Certificate of Death](#).

NOTIFY

- Notify family and close friends. Ask them to help with tasks such as preparing the obituary (short and long form) and arranging for child, pet and/or elder care.
- Appoint a gatekeeper, a relative or friend who can help guide others in providing support that meets the needs of the direct mourners.
- Send email to share with wider circle. Include:
 - Service details, or when they will be forthcoming
 - Official obituary link (as soon as available)
 - Invitation to participate in any memorial tribute
 - Where to send condolence cards and/or any preferred charity or cause for memorial contributions
- Executor should notify deceased's employer, doctors, lawyer, banks, credit cards & bureaus, financial advisor, insurance agent, auto loan or lease company, gym & recurring memberships, post office, etc. (and the Social Security Administration if the funeral home did not do so).



PLAN A VIRTUAL SERVICE

LifeWeb360 and New Narrative Memorials offer a step-by-step guide for planning a virtual memorial service.

[DOWNLOAD
FREE GUIDE](#)



LET GO OF "SHOULD'S"

If you can't physically attend the funeral without risking your health or the health of others, don't go.

The familiar rituals used to say goodbye to our loved ones, such as hospital or hospice visits, wakes, funerals, Shiva or condolence calls, and sharing stories in person, are rarely possible due to social distancing.

Be open to doing things differently to protect one another.