



# Here for you

## Coping with COVID-19 fears

It's normal to feel worried about safety when facing an unknown threat like the COVID-19 virus.

With COVID-19 in the news everyday, it's only natural to have some anxiety. This is especially true since so much about the virus is unknown right now.

Be kind to yourself and respect your fears. It may help you to remember other stressful situations you've been through before, and how you coped.

### **It can help to remember:**

- It's normal to feel anxious about safety for yourself, your family, friends and even strangers.
- Deep sadness, grief and anger are normal reactions.
- Owning your feelings can help you cope and stay strong.
- Focusing on your strengths and abilities can help you deal.
- It's healthy to accept help from community programs and resources.
- Everyone has different ways of coping and meeting their needs.

## Staying healthy

The best advice we have so far includes taking many of the same precautions we take against the flu. These include:

- Stocking up on cold medicines, pain relievers, a thermometer and tissues.
- Having broth, soup, non-perishable and comfort foods in the house.
- Staying away from people who are coughing or showing other signs of illness.
- Using disinfectants in your house to wipe down kitchen and bathroom counters, sinks and other surfaces all family members share.
- Washing your hands frequently.

## Easing your stress

Here are some things you can do during a time of public anxiety:

- Limit the time you spend watching media coverage about COVID-19.
- Talk with someone about your feelings.
- Seek help from a counselor who can help you work through your reactions.
- Eat healthy, get enough rest and exercise, relax and/or meditate.
- Stay in contact with family and friends.

## For more information

You can get current data and resources on COVID-19 by visiting the [Centers for Disease Control and Prevention \(CDC\) website](https://www.cdc.gov).

You can call us 24/7 for help coping with the unknown, whether it's COVID-19 or any other stressor.



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