



STAY STRONG DURING COVID-19

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Outbreaks can be stressful



Stress during an infectious disease outbreak can include:



Fear and worry about your own health and the health of your loved ones



Changes in sleep or eating patterns



Difficulty sleeping or concentrating



Worsening of chronic health problems



Worsening of mental health conditions

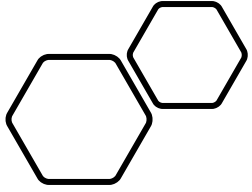


Increased use of alcohol, tobacco, or other drugs

Everyone
reacts
differently to
stressful
situations

People who may respond more strongly to the stress of a crisis include:

- Older people and people with chronic diseases who are at higher risk for severe illness from COVID-19
- Children and teens
- People who are helping with the response to COVID-19, like doctors, other health care providers, and first responders
- People who have mental health conditions including problems with substance use



Ways to cope with stress



Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.



Take care of your body.

Take deep breaths, stretch, meditate or workout.

Try to eat healthy, well-balanced meals.

Exercise regularly, get plenty of sleep.

Avoid alcohol and drugs .



Make time to unwind. Try to do some other activities you enjoy.



Connect with others. Talk with people you trust about your concerns and how you are feeling.

FACT:

**The new coronavirus
can be transmitted in
areas with
hot and humid climates**

From the evidence so far, the new coronavirus can be transmitted in ALL AREAS, including areas with hot and humid weather.

Regardless of climate, adopt protective measures if you live in, or travel to an area reporting COVID-19.

The best way to protect yourself against COVID-19 is by frequently cleaning your hands. Eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.



#Coronavirus #COVID19

Know the facts to help reduce stress



COVID-19 & MENTAL HEALTH DAILY STRATEGIES



Work Space



Routine



Activity



Time & Energy
Management



Accessibility



Connectivity



Resources



Support

Take care of your mental health

Common reactions to COVID- 19

- **Concern about protecting oneself** from the virus because they are at higher risk of serious illness.
- **Concern that regular medical care or community services may be disrupted** due to facility closures or reductions in services and public transport closure.
- **Feeling socially isolated**, especially if they live alone or are in a community setting that is not allowing visitors because of the outbreak.
- **Guilt** if loved ones help them with activities of daily living.
- **Increased levels of distress** if they:
 - Have mental health concerns before the outbreak, such as depression.
 - Live in lower-income households or have language barriers
 - Experience stigma because of age, race or ethnicity, disability, or perceived likelihood of spreading COVID-19.

Support your loved ones

- **Know what medications your loved one is taking.**
- **Monitor other medical supplies**
- **Stock up on non-perishable food**
- **Take care of your own emotional health.**
- **Stay home if you are sick.**

THANKS FOR THE ATTENTION

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