

TIPS FOR HANDLING COVID-19 ANXIETY

DO'S & DON'TS

There is a ton of news about COVID-19. A lot of it can be scary. In times of doubt, we can become nervous. This is normal and can be helpful for motivating proper actions. But when worry and fear turn into panic, it can make things worse.

DO

Get facts from sound sources. The best ones are the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO).

Take care of yourself with stress management techniques. Do things like eat healthy, exercise, get good sleep, and use relaxation skills.

Keep social support networks. Keep in touch with friends and family. Call by phone or use a virtual tool if you can't be face to face.

Use good infection control:

Cover your cough and sneeze.
Don't touch our eyes, nose, or mouth.
Wash your hands for 20 seconds.

Do what your doctor tells you is best for your health.

Make an action plan for your household. Use CDC guidelines. This will help you be ready if the virus spreads in your area.

Get help if you are very worried! A trained mental health expert can help.

DON'T

Take medical supplies and equipment from clinics and hospitals. Healthcare workers need these tools. They help to keep you and others safe when treating sickness.

Treat people different because of how they look. No other race or ethnicity is more likely to spread the virus. Don't share or spread news that supports virus-linked racism or discrimination.

Over-check for updates about the virus. Don't spend too much time looking through the news.

Panic. Too much worry can affect other people. Especially for kids. It can spread panic and make the problem worse.

Take part in hasty, irrational, or harmful choices.

Ignore recommendations from sound resources such as the CDC or WHO.

Share or spread wrong, unreliable, or unhelpful facts.

Helpful resources:

1. Information about pandemics from the American Psychological Association: www.apa.org/practice/programs/dmhi/research-information/pandemics

2. A useful tool to talk to kids about coronavirus: www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus

3. Article from experts about talking to teens and tweens about coronavirus: www.nytimes.com/2020/03/02/well/family/coronavirus-teenagers-anxiety.html

4. CDC Website about coronavirus: www.cdc.gov/coronavirus/2019-ncov/index.html

5. WHO Website about coronavirus: www.who.int/emergencies/diseases/novel-coronavirus-2019