STRESS DURING AN INFECTIOUS DISEASE OUTBREAK:
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
INCREASED USE OF ALCOHOL, TOBACCO, OR OTHER DRUGS
PHYSICAL REACTIONS, SUCH AS HEADACHES, BODY PAINS, STOMACH PROBLEMS, AND SKIN RASHES.
ANGER OR SHORT-TEMPER

COVID-19 STRESS

Support Yourself

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

Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and 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.

Care providers should monitor patients for depression and anxiety.

OhioMHAS Help Line	Crisis Text Line	Disaster Distress Helpline
1-877-275-6364	Text “4hope” to 741 741	1-800-985-5990 1-800-846-8517 TTY

Ohio Department of Health
Department of Mental Health and Addiction Services

coronavirus.ohio.gov