

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
PHYSICAL REACTIONS, SUCH AS HEADACHES, BODY PAINS,
STOMACH PROBLEMS, AND SKIN RASHES.
ANGER OR SHORT-TEMPER

COVID-19 STRESS

Support Yourself

Focus on taking care of you by washing your hands often and staying away from other patients! They call that social distancing.

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

Take care of your body. Take deep breaths, stretch, or meditate. Make sure to eat your meals, exercise regularly, and get plenty of sleep.

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.

Crisis Text Line
Text "4hope" to 741 741

OhioMHAS Help Line
1-877-275-6364

Disaster Distress Helpline
1-800-985-5990
1-800-846-8517 TTY

