WHAT TO KNOW ABOUT NOVEL CORONAVIRUS (COVID-19)
AND YOUR MENTAL HEALTH

COMMON REACTIONS

Everyone reacts differently to stressful situations, such as the COVID-19 outbreak that will require social distancing, quarantine and some isolation. These reactions are completely normal. You may feel:

▶ **Anxiety**, worry, or fear related to your own health status and those you care about;

▶ **Frustration** at the challenge of securing things you need, such as groceries and personal care items;

▶ **Concern** about effectively caring for children, parents and others in your care;

▶ **Uncertainty** or frustration about how long you will need to remain in this situation;

▶ **Loneliness** and feeling cut off from your normal routine;

▶ **Anger** if you think you were exposed to the disease;

▶ **Boredom** and frustration if you are unable to engage in regular day-to-day activities;

▶ **Unease** about your financial situation and the future of the economy;

▶ **Ambivalence** or uncertainty about the situation; or

▶ **Disappointment** for cancelled events with family and friends, closed restaurants and gathering places.

FACTS NOT FEAR

It's important to protect each other and our community against COVID-19 by frequently washing our hands for 20 seconds and staying home when sick. Practice social distancing by staying out of crowds with more than 10 people and avoid public places to reduce the spread of germs.

STAY CALM

It's important to not pass along or spread misinformation. Recognize when other people's fears and anxieties are influencing your own emotional or mental health. Take a deep breath and reach out to your support system.

KEEP UP-TO-DATE

For topics that cause significant anxiety, people find themselves better able to cope if they feel knowledgeable about the topic. Use trusted resources, such as the

▶ Centers for Disease Control and Prevention (CDC) **https://www.cdc.gov/coronavirus/2019-ncov/**

▶ Iowa Department of Public Health (IDPH). **https://idph.iowa.gov/**

UNPLUG

Information, real or rumor, is a constant in today's society. It's important to have the facts and stay up-to-date, but when information creates a barrier to daily functioning, it can increase fear and anxiety. Be aware of how plugged in you are and what you are exposing yourself to.

CONNECT WITH OTHERS

Reaching out is one of the best ways to reduce anxiety, depression, loneliness and boredom during social distancing, quarantine, and isolation. Use any resource that works for you such as the telephone, email, text, chat and social media.

PRACTICE SELF-CARE AND STICK TO A ROUTINE

Self-care practices are personal and can include reading a book, listening to music, walking the dog, working on a project or eating healthy. During stressful times, try to stick to your routine to maintain a sense of normalcy and to manage stress. Wake up and eat meals at your regular time, and get dressed even while you are staying at home.

WHEN DO YOU NEED HELP?

When symptoms associated with your anxiety have affected your ability to function in some part of your life, it's time to reach out. Reach out to your healthcare provider and discuss your concerns. Many insurers are covering telehealth for mental health services at this time.

Use the website **www.YourLifeIowa.org** for information on gambling, addiction, substance use, suicide prevention, and mental health.

You can also connect by **live chat, text (855-895-8398)** or **phone (855-581-8111)**.