

Coping with COVID-19

**IT'S NATURAL TO EXPERIENCE
STRONG EMOTIONS SUCH AS
STRESS AND ANXIETY.**

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people and communities.

TAKE THESE STEPS TO COPE EMOTIONALLY:

Take care of your body
(exercise, well-balanced
meals, sleep).

Maintain healthy
relationships and support
systems (even if virtual for
interim period).

Stay informed but avoid too
much exposure to news that
is upsetting.

Seek help from professionals
if needed for distress that
impacts activities in your
daily life for several days.

Set a good example for
children in order to assist them
in coping with the situation.

