COPING WITH STRESS DURING COVID-19

The COVID-19 outbreak has brought stress and feelings of uncertainty for many people. Fear of the unknown can affect everyone from adults to children. It can cause stress about your health and the health of your loved ones. It can also lead to difficulty sleeping or concentrating, increased use of alcohol, and worsening of health conditions. However, you can take steps to cope with COVID-19 and help keep yourself and others safe and healthy. Here are some ways to cope with your stress:

Workout at home.

During an outbreak, we tend to forget to take care of our bodies. It's important to continue to exercise regularly, while practicing social distancing. For those who don't have access to exercise equipment at home, there are many free exercises you can find online that incorporate only your body weight.

Take a break from the news.

If you are continuously watching, reading, or listening to the news, you can overwhelm yourself with information. While it's important to keep yourself up to date, you don't have to do it every hour of the day. Try limiting your news time to just mornings or evenings.

Speak with others.

Even though we are currently practicing social distancing, that doesn't mean you can't be social. Catch up with your friends and family through FaceTime, Zoom, Google Hangouts, and more. You can schedule a virtual social or just a phone call to catch up. You don't have to go through this alone.
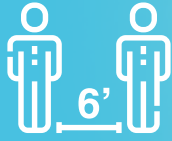
PROTECTION DURING COVID-19

Coronavirus disease 2019, also known as COVID-19, is an illness that is caused by a virus. Symptoms can range from mild to severe and can spread from person to person. When you come into close contact with a person who has COVID-19, you can potentially become infected through respiratory droplets when someone talks, sneezes, or coughs. Additionally, it's possible to become infected when you touch a surface or object that has the virus and then you touch your eyes, mouth, or nose.

Here are ways to protect yourself and others from COVID-19:

- Avoid close contact with others and stay at home as much as possible.

- When you're at home, disinfect frequently touched surfaces daily, such as light switches, tv remotes, computer keyboards, doorknobs, toilets, faucets, sinks, phones, etc.

- Don't touch your eyes, mouth, or nose with unwashed hands.

- When you come home from being outside, disinfect everything you've touched and wash your hands for at least 20 seconds. If you don't have access to soap and water, use a hand sanitizer that contains at least 60% alcohol.

- When you have to go outside, stay at least 6 feet away from others and wear a face mask that covers your nose and mouth.

  - Face masks should not be placed on children under age 2 or anyone who has trouble breathing.

  - See how to make a face mask on the next page.

DON'T HAVE A MASK?
HERE ARE SIMPLE STEPS FOR CREATING A MASK
# WITHOUT HAVING TO SEW:

Materials

- Square cotton cloth approximately 20"x20"
- Rubber bands or hair ties
- Scissors if you need to cut cloth

Steps

1. Fold square cotton cloth in half
2. Fold the top down and the bottom up
3. Place your rubber bands or hair ties 6 inches apart
4. Fold the sides to the middle and tuck it in

Unfortunately, there is currently no vaccine to prevent against COVID-19. The best way to protect yourself from the illness is to avoid exposing yourself to the virus.
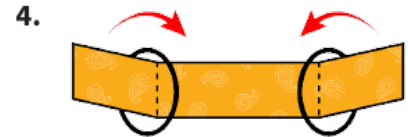
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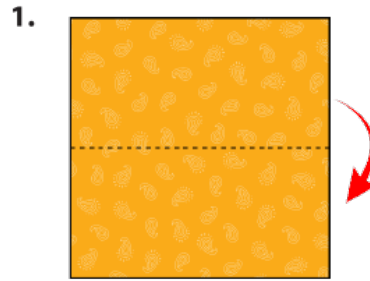
Fold bandana in half.

2.

Fold top down. Fold bottom up.

3.

Place rubber bands or hair ties about 6 inches apart.

4.

Fold side to the middle and tuck.

5.

6.