

Take Care

of your emotional health during the COVID-19 outbreak

Avoid speculation



Access quality information from reputable sources like the World Health Organization or your government's health organization.

Follow basic hygiene advice



- Wash your hands often, for 20 seconds, with soap and hot water
- Cover your cough
- Stay home if you feel ill

Stay connected



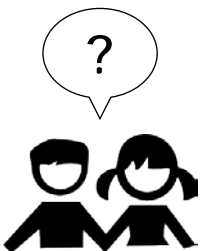
- Keep in touch with friends and family
- Avoid contact with those that increase worry and anxiety
- **Avoid dramatic content and panic on social media**

Stick to your daily routine



Stay active, eat a healthy diet, engage in pleasurable activities. Avoid self-destructive coping with excessive food or alcohol.

Talk to your children



- Ask children what they have heard; discuss news but don't over-focus on it
- Explain facts and correct faulty information
- Be reassuring

Limit media exposure



- **If the news is causing you distress, don't spend time looking up the latest update**
- Stay informed but limit news intake
- Focus on what you can control

If you are in isolation or quarantine

Think of it as a different experience in your life—not necessarily a bad one. Be prepared. Buy supplies. Refill medications. Arrange to work remotely. Stay in touch with others by phone and social media. Create a new daily routine that includes:



Reading



Games



Learning about a new topic



Starting a new hobby



Movies



Exercise



Relaxation



Time away from others in quarantine