

COPING WITH STRESS DURING COVID-19



Source: World Health Organization

It's normal to feel sad, stressed, confused, scared, or angry. Talking to people you trust can help.

Maintain a healthy lifestyle as best as you can with proper diet, adequate sleep and exercise, and social interaction with loved ones at home or online.

Seek professional help for physical and mental health needs instead of using smoking, alcohol, or drugs to cope.

Lessen the time you and your family spend watching or listening to media coverage of news that you find upsetting.

7 STEPS

- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose and mouth
- 03** Cover your cough using the bend of your elbow or a tissue
- 04** Avoid crowded places and close contact with anyone that has fever or cough
- 05** Stay at home if you feel unwell
- 06** If you have a fever, cough and difficulty breathing, seek medical care early — but call first
- 07** Get information from trusted sources



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