

COVID-19 and Anxiety

Ways to Cope with Strong Feelings Related to COVID-19

Ohio Department of Health Director Amy Acton, M.D., MPH, strongly offers these recommendations for coping with anxiety related to the COVID-19 outbreak:

- Remember that distress, anxiety, fear, and strong emotions are normal in times of distress or crisis. Remind yourself and others that these feelings will fade.
- Get information from a trusted source, such as coronavirus.ohio.gov or by calling the Ohio COVID-19 call center at 1-833-4-ASK-ODH (1-833-427-5634).
 - Learn and follow tips for preparing for and responding to COVID-19.
 - Learn and follow tips on how to prevent COVID-19.
- Avoid excessive exposure to media coverage of COVID-19. It is important to get good information to help you prepare and respond, but don't overwhelm yourself or your family with information.
- Eat nutritious food, exercise, get adequate sleep, stay hydrated, avoid alcohol and drugs, and make time to relax and unwind.
- Incorporate stretching or meditation into your routine. Take deep breaths when feeling overwhelmed.
- Stay connected with friends and family. Discuss your concerns and be supportive of theirs.
- Keep participating in hobbies/activities that do not expose you to close contact with others in confined spaces.
- If you have a mental health condition, continue with your treatment plan and monitor for any new symptoms. Call your healthcare provider with any concerns.
- Recognize signs of distress:
 - Feeling hopeless or helpless.

- Feelings of numbness, disbelief, anxiety or fear.
 - Changes in appetite, energy, and activity levels.
 - Difficulty concentrating.
 - Difficulty sleeping or nightmares and upsetting thoughts and images.
 - Physical reactions, such as headaches, body pains, stomach problems, and skin rashes.
 - Worsening of chronic health problems.
 - Anger or short-temper.
 - Increased use of alcohol, tobacco, or other drugs.
- Call your healthcare provider if your feelings overwhelm you for several days in a row.
 - Reach out for help:
 - Contact the Substance Abuse and Mental Health Services Administration’s national **Disaster Distress Helpline** by calling 1-800-985-5990 or texting TalkWithUs to 66746.
 - Reach the **Ohio Crisis Text Line*** by texting keyword 4HOPE to 741 741.
 - Reach the **Ohio Mental Health and Addiction Services Help Line*** at 1.877.275.6364
 - **Find a provider** at <https://findtreatment.gov>.

*These functions will remain operational and staffed.

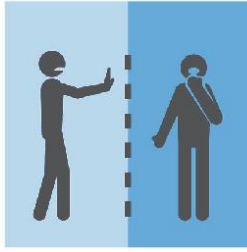
Additional resources on mental health and COVID-19 can be found at mha.ohio.gov/coronavirus.

For additional COVID-19 information, visit coronavirus.ohio.gov.

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).



STAY HOME
WHEN YOU ARE
SICK



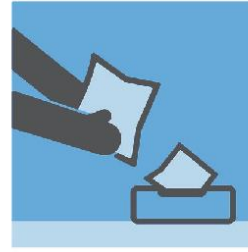
AVOID CONTACT
WITH PEOPLE
WHO ARE SICK



GET ADEQUATE SLEEP
AND EAT WELL-
BALANCED
MEALS



WASH HANDS OFTEN
WITH WATER AND SOAP
(20 SECONDS
OR LONGER)



DRY HANDS WITH
A CLEAN TOWEL
OR AIR DRY
YOUR HANDS



COVER YOUR MOUTH
WITH A TISSUE OR
SLEEVE WHEN
COUGHING OR SNEEZING



AVOID TOUCHING
YOUR EYES, NOSE,
OR MOUTH WITH
UNWASHED HANDS
OR AFTER
TOUCHING SURFACES



CLEAN AND DISINFECT
"HIGH-TOUCH"
SURFACES OFTEN



CALL BEFORE VISITING
YOUR DOCTOR



PRACTICE GOOD
HYGIENE HABITS