

Tips for Taking care of Your Behavioral Health during an Infectious Disease Outbreak

In the event of an infectious disease outbreak, local officials may require the public to take measures to limit and control the disease. This tip sheet describes feelings and thoughts you may have during and after social distancing, quarantine and isolation. It also describes ways to care for your behavioral health.

What to Expect: Typical Reactions

Anxiety, worry or fear related to:

- Your health, or the health of your loved ones
- Time taken off from work, and the potential loss of income
- Concerns over job security
- The challenge of securing things you need such as groceries and personal care items
- Anger, if you were exposed due to someone else's carelessness
- Concern, about being able to care for children or parents in your care
- Loneliness associated with feeling cut off from the world and loved ones
- A desire to use drugs or alcohol to cope

Ways to Support Yourself:

- Understand the risk. Take steps to get the facts from reliable sources
- Stay up to date on what is happening. Sign up for emergency alerts via text or email to ensure you get updates as soon as they are available.
- Connect with others. Telephone, text message, email or use social media to connect with friends and family
- Talk "face to Face" with friends or loved ones using Skype, Face Time or What's App
- Read a book, watch an exercise program, play cards or board games, try a new recipe, go for a walk (be sure to maintain social distancing)
- Pace yourself between stressful activities. Do something fun after a hard task.

Sources of reliable information on Covid-19: <https://www.nj.gov/health/cd/topics/ncov.shtml>

<https://www.cdc.gov/coronavirus/2019-ncov/about/index.html> WWW.visitmonmouth.com/health