

MIND YOUR HEALTH



Mental Health Considerations During an Outbreak

For the General Population

Have Empathy

COVID-19 has and is likely to affect people from many countries, in many geographical locations. Don't attach it to a single ethnicity. Be empathetic to those affected in and from any country. Those with the disease have not done anything wrong.

Recovery from COVID-19

Don't refer to the people with the disease as "cases" or "the diseased". They are "people who have COVID-19" or "people who are recovering from COVID-19". After recovering, their life will go on with their jobs, families, and loved ones.

Protect Yourself Mentally

Avoid watching, reading or listening to news that causes you to feel anxious or distressed. Seek information to take practical steps to prepare and protect yourself. Seek information updates at specific times — during the day once or twice. Constant streams of information can cause anyone to feel worried. Get your information from local or federal sources for accuracy.

Support Each Other

Protect yourself and be supportive of others. Assisting others in their time of need can benefit the person receiving support as well as the helper.

Rise Up

Keep the positivity. Find opportunities to amplify the voices of local people who have either recovered (if applicable) or have supported a loved one through recovery and are willing to share their experience.

Honor

Honor the caretakers and healthcare workers supporting people affected with COVID-19 in your community. Acknowledge the role they play to save lives and keep your loved ones safe.

Take care of your mental health - a healthy mind helps keep a healthy body



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Contractual Health Agency for:

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