

MIND YOUR HEALTH



Mental Health Considerations During an Outbreak

For Older Adults or Those in Isolation

Stay Connected

Do your best to maintain social networks even if you cannot see people face-to-face. Try as much as possible to keep your personal daily routine. You can stay connected via email, social media, video conference and telephone. If you don't know how to use this technology reach out to neighbors, family, or friends.

Mixed Emotions

It is common to feel mixed emotions like sadness and relief. If you are isolated due to potential exposure or age you may feel sadness or anger towards family and friends. Do your best to learn about the disease and the actual risk to others. Sharing this information can calm fears and allow you to reconnect.

Household Plan of Action

Create a list of local organizations you and your household can contact in case you need access to information, healthcare services, support, and resources. Create an emergency contact list to include family, friends, neighbors, carpool drivers, the local health department, and other resources. Choose a room in your house that can be used to separate sick household members from others.

Be Prepared

In addition to having a household plan, additional precautions can make you feel more at ease. Talk to your doctor ahead of time to find out what happens if you get sick. Figure out who can help or take care of you if you feel unwell. Stay away from crowds, make sure you have access to several weeks of medications and supplies, only go out in public if you can limit close contact, and practice good hand hygiene.

Feel Better

During times of stress, pay attention to your own needs and feelings. Engage in activities you find helpful and relaxing. Get fresh air every day while maintaining social distancing. Public health agencies and experts are working on the outbreak to ensure the availability of the best care to those affected.

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



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