COVID-19

MENTAL HEALTH ISSUES

ISSUES

A COMPILATION

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LOYOLA
UNIVERSITY CHICAGO
Preparing people to lead extraordinary lives

NNDC INDIA FOUNDATION
(National Network of Depression Centers)

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Updated 4.24.2020

This photo has been shared by doctors in Greece. "The one who stayed away saved all the rest"
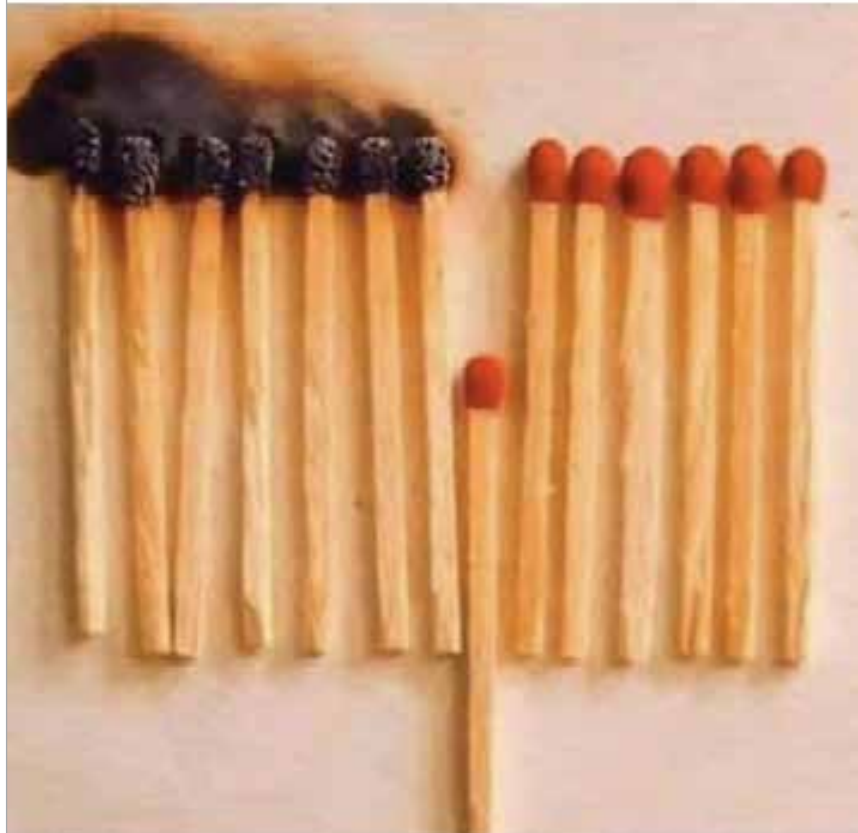
PREFACE

by Murali Rao, MD, FACLP, DABAM, DLFAPA
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We are inundated by a plethora of information on COVID-19 pandemic—through news broadcasting as well as through social media, guidelines from various professional associations, advocacy groups, state and governmental agencies, universities, etc.

Besides the COVID-19 pandemic, the world is also facing an "infodemic" that has emerged out of misinformation online. Please refer to (http://covid19misinfo.org). With a tagline of "Come for the misinformation, stay for the facts," the site offers a real-time information dashboard to help users track the veracity of current coronavirus claims.

Since the available information is scattered all over the place and it has become hard to find the source of information, I thought I should put together a compilation of as many of the authentic sources as possible.

This collection represents a broad spectrum of a variety of recent publications about COVID-19, with the primary focus on related mental health issues. This by no means is exhaustive. This was compiled very rapidly or in a short-order, just to have some relevant material on this topic that is easily available to the reader.

These materials represent a multidisciplinary perspective and are compiled with an international perspective. The contents are reprinted in their entirety wherever possible. This compilation will be made available online to the reader. The Table of Contents is just that; the list is not topic-wise and is poorly arranged. The contributors come from a variety of international institutions and organizations.

The compiler wants to take no credit for the contents, and the credit goes to individuals or groups who put together the subject matter in such a timely manner while addressing this pandemic of our lifetime. I dedicate this compilation to each and every one of them—the worried ones, the affected ones, the individuals and families who are suffering and dealing with this unseen enemy, the families who have lost their loved ones because of this pandemic, and individuals, professionals, and agencies representing various disciplines and walks of life, who are working on this malady affecting humanity in an ongoing and tireless manner.

—MR

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Academic Research Articles & Databases 51

Infographics 59

General Overview: Articles and Resources for Patients & Families

National Alliance on Mental Illness (NAMI)

COVID-19 Resource and Information Guide

Summary:

General information and resources on coping with anxiety, distress, and mental health in relation to the COVID-19 circumstances.

Contents:

- I'm having a lot of anxiety because of the coronavirus. Please help.
- I'm quarantined or working from home – lonely and isolated even further – what can I do?
- I don't have health insurance or a regular doctor – how can I get care?
- What if I'm quarantined and can't get my medication? Will there be a shortage?
- My business is suffering as a result of the Coronavirus. What assistance programs are available to help?
- Are people who have a mental illness at a greater risk of contracting COVID-19?
- Is there a vaccine or cure for COVID-19?
- I lost a loved one to Coronavirus. Where can I find support?
- I'm a smoker. Am I more likely to catch COVID-19? What should I do?
- How does homelessness increase risk of contracting COVID-19?
- My loved one is incarcerated, are they at increased risk for exposure to COVID-19?
- I'm the aging parent of an adult child living with a serious mental illness. I want to be sure they are taken care of.
- Are there any online support resources for people with substance use disorders?

Download and read it here

(links to: https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf)

Recommended Resource:
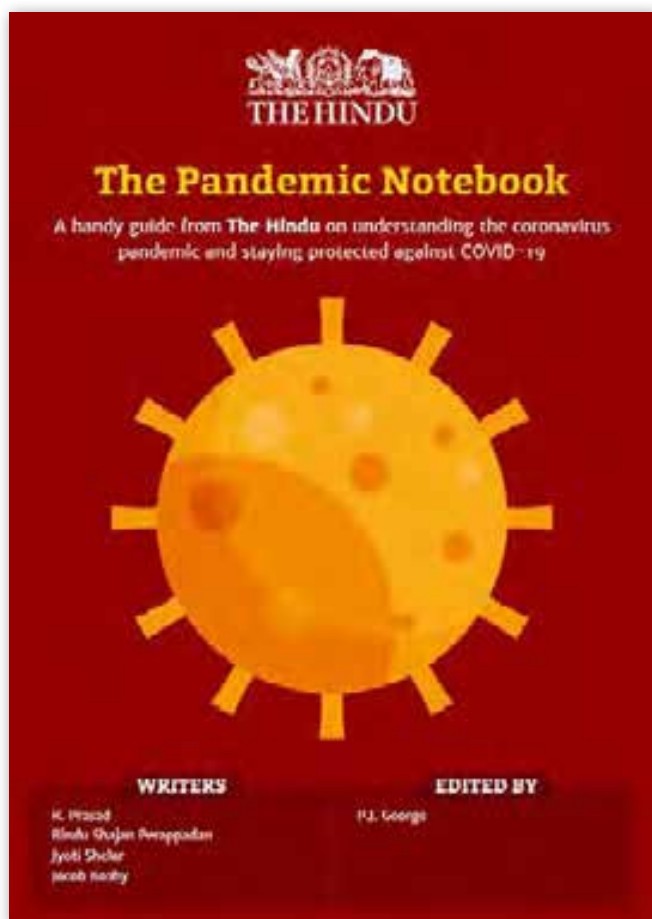
📎 The Hindu

The Pandemic Notebook:
A handy guide from The Hindu
on understanding the coronavirus
pandemic and staying protected
against COVID-19

Summary:

A general and comprehensive guide about
COVID-19 and how to stay protected. It is both
detailed with research and easy to understand.

Contents:

- Introduction
- What are coronaviruses?
- A closer look at SARS-CoV-2
- Understanding the disease
- Protecting yourself against COVID-19
- Some common queries answered
- National and State helplines

Download and read it here

(links to: https://creatives.thehindu.com/covid_19_ebook.pdf)

Substance Abuse and Mental Health Services Administration (SAMHSA)

Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak

Summary:

A comprehensive guide to supporting mental wellness during times of social distancing and quarantine.

Contents:

- What To Expect: Typical Reactions
- Ways To Support Yourself During Social Distancing, Quarantine, and Isolation

Download and read it here

(links to: https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf)

Recommended Resource:

📎 **American Psychological Association (APA)**

Keeping Your Distance to Stay Safe

Summary:

Psychologists offer insights on how to practice social distancing, while still getting the social support you need.

Contents:

- What to Expect
- Vulnerable Populations
- How to Cope
- What Happens Next
- Tools and Resources

Read it here

(links to: https://www.apa.org/practice/programs/dmhi/research-information/social-distancing)
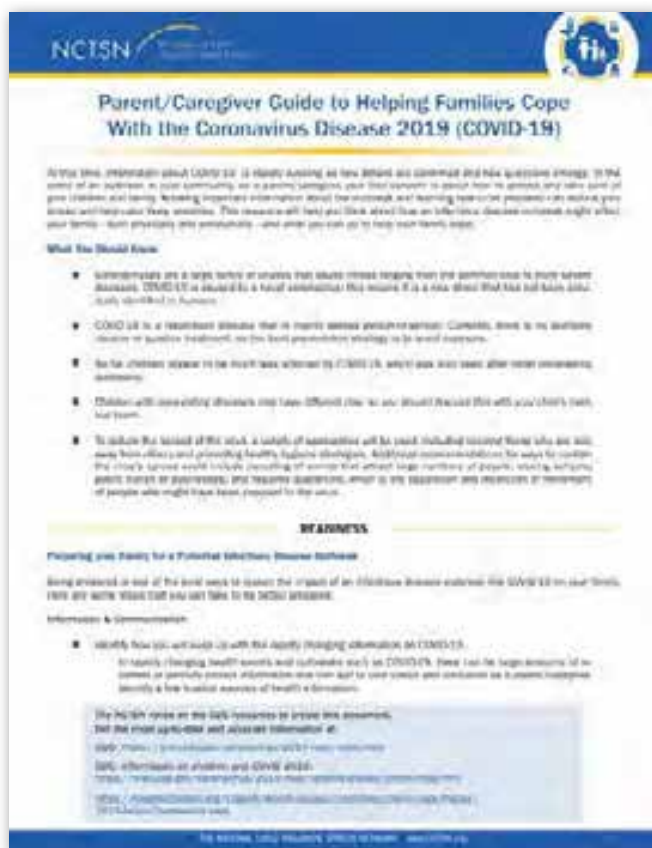
The National Child Traumatic Stress Network

Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (COVID-19)

Summary:

A resource to help families cope physically and emotionally with the COVID-19 outbreak.

Contents:

- What You Should Know
- Preparing your Family for a Potential Infectious Disease Outbreak
- Reducing Your Family's Risk: Hygiene, Medical Care & Supplies
- Coping with the Stress of an Infectious Disease Outbreak like COVID-19
- Helping Children Cope
- Seeking Additional Help

Download and read it here

(links to: https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)

Recommended Resource:

📎 **The American Psychiatric Association (APA)**

Coronavirus and Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks

by Joshua Morganstein, M.D.

Summary:

An article for the general public and healthcare workers. This text provides guidelines and recommended actions for managing fear, anxiety, and distress, as well as coping with mental health issues exacerbated by the outbreak.

Download and read it here

Recommended Resource:

Massachusetts General Hospital Department of Psychiatry

MGH Psychiatry Guide to Mental Health Resources for COVID-19

Summary:

A curated list of resources for healthcare providers, patients, families, and children.

Contents:

General Mental Health & Coping

Specific Mental Health Conditions

For Families & Children

For Health Care Providers

Mindfulness & Other Tools

Read it here

(links to: https://www.massgeneral.org/psychiatry/guide-to-mental-health-resources/)
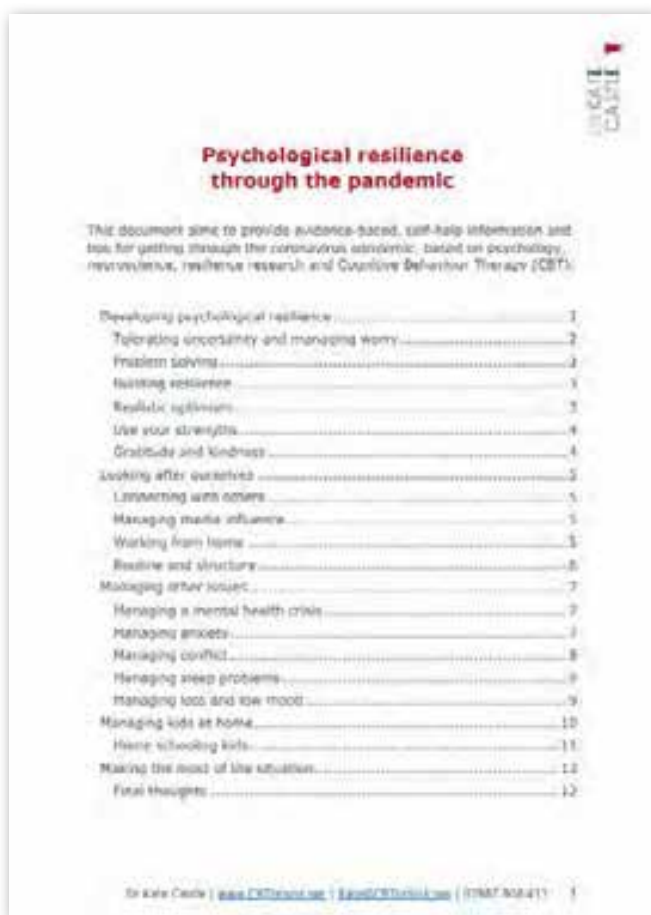
Dr. Kate Castle

Psychological resilience through the pandemic

Summary:

A 12-page booklet by Dr. Kate Castle, providing "evidence-based, self-help information and tips for getting through the coronavirus pandemic, based on psychology, neuroscience, resilience research and Cognitive Behaviour Therapy (CBT)."

Contents:

Developing psychological resilience
- Tolerating uncertainty and managing worry
- Problem solving
- Building resilience
- Realistic optimism
- Use your strengths
- Gratitude and kindness

Looking after ourselves
- Connecting with others
- Managing media influence
- Working from home
- Routine and structure

Managing other issues
- Managing a mental health crisis
- Managing anxiety
- Managing conflict
- Managing sleep problems
- Managing loss and low mood

Managing kids at home
- Home schooling kids

Making the most of the situation
- Final thoughts

Download and read it here

(links to: https://img1.wsimg.com/blobby/go/1627c96f-a696-4499-8816-51c7ba902ba6/downloads/Resilience%20through%20the%20pandemic.pdf?ver=1585153793947)

Recommended Resource:

Forbes

Preparing For The Future: Psychiatrist Advocates For 'Healthy Anxiety'

Summary:

Chris Westfall interviews Anita Rao, M.D., a resident psychiatrist at a major research hospital in Chicago, who describes the importance of a "healthy anxiety." Quoting the article, this is "a kind of balanced fear that can keep us away from danger, without falling into the sort of panic that removes all logic and clarity."

Article dated 3/23/2020

Read it here

(links to: https://www.forbes.com/sites/chriswestfall/2020/03/23/preparing-for-the-future-psychiatrist-advocates-for-healthy-anxiety/#9537e769d453)

📎 **Substance Abuse and Mental Health Services Administration (SAMHSA)**

Training and Technical Assistance Related to COVID-19

Summary:

A list of resource links to articles, recorded webinars, and online trainings that teach strategies on coping with psychological effects resulting from the COVID-19 outbreak.

Contents:

- Resources from MHTTC
- ATTC Resources
- PCSS Resources
- ORN Resources

Download and read it here

(links to: https://www.samhsa.gov/sites/default/files/training-and-technical-assistance-covid19.pdf)

Recommended Resource:

Health.mil News

Coronavirus: What providers, patients should know

Summary:

Guidelines and information about the COVID-19 outbreak, quoting advice from U.S. Public Health Service Commissioned Corps Dr. (Lt. Cmdr.) David Shih, a preventive medicine physician and epidemiologist with the Clinical Support Division, Defense Health Agency.

Article dated 1/24/2020

Read it here

(links to: https://www.health.mil/News/Articles/2020/01/24/Coronavirus)

Psychiatric News, APA

Many Americans Anxious Over COVID-19, APA Poll Finds

Summary:

Decribes how the COVID-19 outbreak is affecting mental health in the American population.

Article dated 3/25/2020

Read it here

(links to: http://alert.psychnews.org/2020/03/many-americans-anxious-over-covid-19.html)

Recommended Resource:

The New York Times

The Single Most Important Lesson From the 1918 Influenza

Summary:

John M. Barry discusses what happened in 1918 and what we can learn from the Spanish Flu to combat the current pandemic. Mr. Barry is the author of "The Great Influenza: The Story of the Deadliest Pandemic in History."

Article dated 3/17/20

Read it here

Recommended Resource:

📎 **The Talking Compass, Therapy & Counseling**

COVID-19 Mental Health Resources List

Summary:

A 4-page (continuously updated) list of links and resources such as relaxation strategies, anxiety guidebooks for children and teens, self-care guides, and guided meditations.

Download and read it here

(links to: https://docs.google.com/document/d/12unLJKU06HAolNs4L1NagBHCmk29DbmwSfneoolFHIY/edit)

Centers for Disease Control and Prevention (CDC)

Stress and Coping

Summary:

The CDC's recommendations for coping with stress during the COVID-19 pandemic.

Read it here

(links to: https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov-%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html)
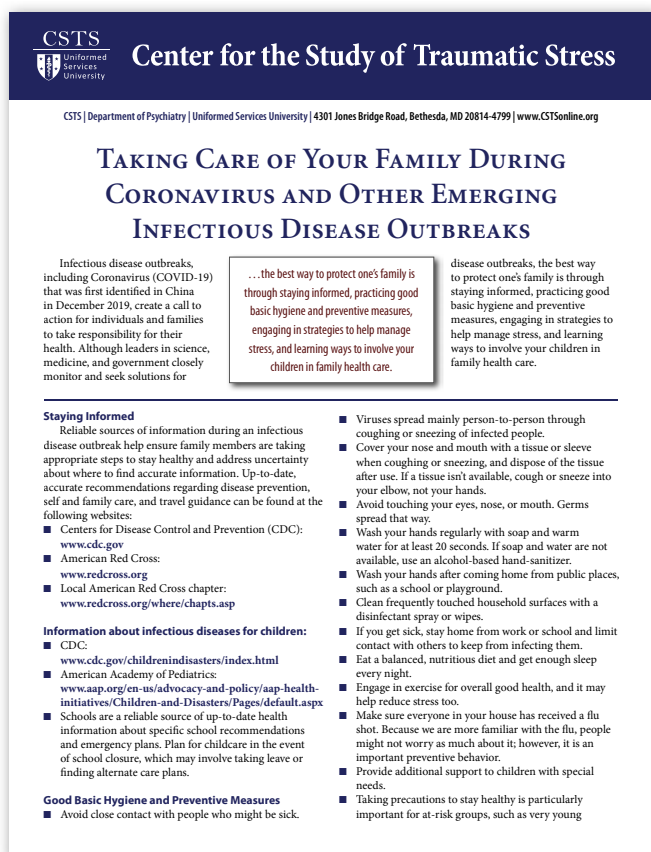
Center for the Study of Traumatic Stress (CSTS)

Taking Care of Your Family During Coronavirus and Other Emerging Infectious Disease Outbreaks

Summary:

A 2-page fact sheet with guidance on taking care of your family during COVID-19 and other infectious disease outbreaks.

Contents:

- Staying Informed
- Good Basic Hygiene and Preventive Measures
- Strategies to Help Stay Calm
- Ways to Involve Your Children in Family Health Care

All CSTS Fact Sheets can be viewed at: https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response

Download and read it here

(links to: https://www.cstsonline.org/assets/media/documents/CSTS_FS_Corona_Taking_Care_of_Your_Family.pdf)
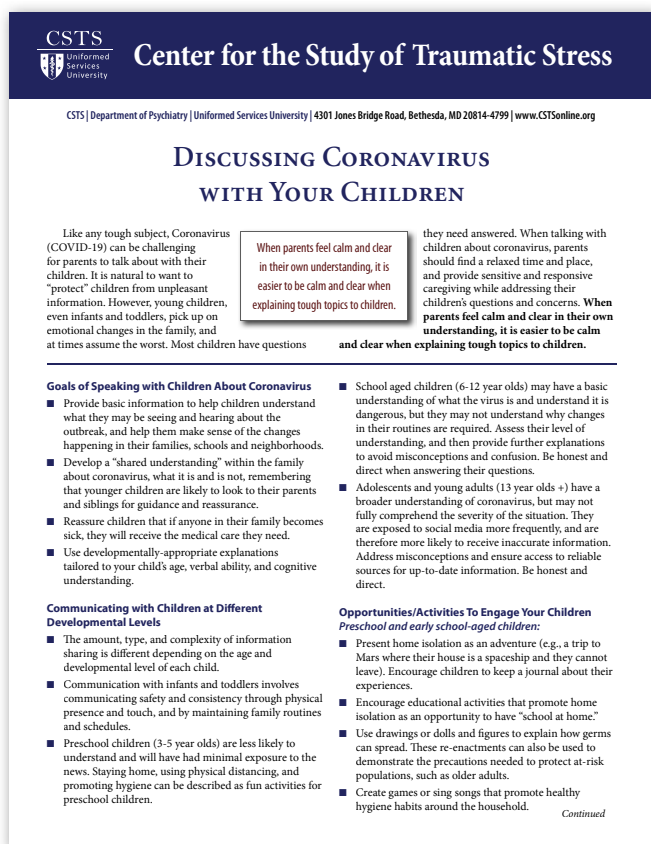
Center for the Study of Traumatic Stress (CSTS)

Discussing Coronavirus with Your Children

Summary:

A 2-page fact sheet with guidance on how to discuss Coronavirus with your children.

Contents:

- Goals of Speaking with Children About Coronavirus
- Communicating with Children at Different Developmental Levels
- Opportunities/Activities To Engage Your Children
- Additional References

All CSTS Fact Sheets can be viewed at: https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response

Download and read it here

(links to: https://www.cstsonline.org/assets/media/documents/CSTS_FS_Discussing_Coronavirus_w_Your_Children.pdf)
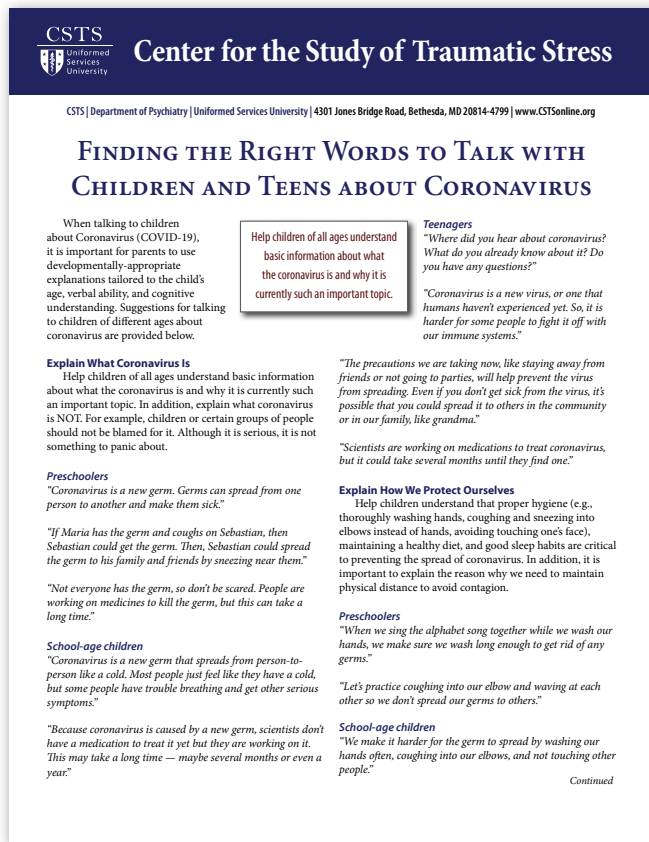
Center for the Study of Traumatic Stress (CSTS)

Finding the Right Words to Talk with Children and Teens about Coronavirus

Summary:

A 2-page fact sheet with guidance on finding the right words to talk with children and teens about Coronavirus based on their age (preschoolers, school-age children, and teenagers).

Contents:

- Explain What Coronavirus Is
- Explain How We Protect Ourselves
- Explain How We Protect People Who are at Risk

All CSTS Fact Sheets can be viewed at: https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response

Download and read it here

(links to: https://www.cstsonline.org/assets/media/documents/CSTS_FS_Finding_Right_Words_Talk_Children_Teens_Coronavirus.pdf)

CSTS
Uniformed Services University

Center for the Study of Traumatic Stress

CSTS | Department of Psychiatry | Uniformed Services University | 4301 Jones Bridge Road, Bethesda, MD 20814-4799 | www.CSTSonline.org

HELPING HOMEBOUND CHILDREN DURING THE COVID-19 OUTBREAK

Emergency measures, such as requiring that children remain at home are critical methods to limit the spread of infection from the coronavirus (COVID-19) outbreak. Despite its positive public health benefits, for an individual child, being homebound can serve as an opportunity to spend time with family, but also can result in insufficient physical activity, irregular sleep patterns, weight gain, and decreased fitness. As many parents know, boredom and frustration are common during time required

The lifestyle changes may also contribute to social isolation from peers and teachers, anxiety, and tension among family members due to a lack of personal space at home.

to be home and inside. The lifestyle changes may also contribute to social isolation from peers and teachers, anxiety, and tension among family members due to a lack of personal space at home. Importantly, public fear about COVID-19 that stigmatizes and scapegoats specific populations can further increase a child's and family's sense of isolation. Clinicians and parents can consider the following approaches to better manage homebound periods for children and families.

Support the Family Structure while Homebound
To prepare, families can develop plans of action together. When appropriate, include children in the family planning and preventive behaviors to help support their sense of agency and control.
- Plan physical activities that can be done while homebound
- Maintain a healthy diet, good sleeping habits, and proper hygiene practices (e.g., regularly washing hands, covering mouths when coughing and sneezing, avoiding contact with face).
- Maintain routines related to bedtimes, meals, and exercise.
- Ensure basic supplies (e.g., food, water, soap, first aid provisions) and medications are readily available while homebound.
- Encourage children's participation in household chores to facilitate their sense of accomplishment.
- Plan enjoyable family activities, such as games, movies, and exercise.
- Maintain a positive mood.
- Practice patience and tolerance, which can be difficult during this time and model healthy habits for the entire household.
- Engage in relaxation techniques to reduce stress.
- Avoid increased use of alcohol or tobacco.
- If a usual family activity, consider attending religious services online.

Communicate Openly
During times of uncertainty, open communication is critical to helping children feel safe and secure.
- Stay informed.
- Explain COVID-19 and the purpose of being homebound in an age-appropriate and positive manner to children. Parents must gauge what their children can understand.
- Create an environment where children feel comfortable expressing their concerns and asking questions.
- Remind children that being homebound is temporary.
- Promote children's sense of goodness, or "altruism", by explaining that being homebound helps to keep other members of their community safe.
- Reassure children they will receive appropriate medical care if they become ill.
- Check in with children frequently to address newly emerging fears and misconceptions.
- Limit and closely monitor children's use of media to reduce potential confusion, worry, and fear.
- Address misconceptions regarding stigma. For example, avoid terms other than "coronavirus," such as "Chinese virus," as these increase stigma and perpetuate misconceptions about the disease.
- Clarify what is known and what is unknown to prevent the spread of misinformation.

Continued

📎 ## Center for the Study of Traumatic Stress (CSTS)

Helping Homebound Children during the COVID-19 Outbreak

Summary:

A 2-page fact sheet with guidance on supporting homebound children through the lifestyle changes of isolation from peers and teachers.

Contents:

- Support the Family Structure while Homebound
- Communicate Openly
- Connect to Helpful Support
- Resources

All CSTS Fact Sheets can be viewed at: https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response

Download and read it here

(links to: https://www.cstsonline.org/assets/media/documents/CSTS_FS_Helping_Homebound_Children_during_COVID19_Outbreak.pdf)

Resources & Guides for Healthcare and Mental Health Professionals, Administrators, and Leaders
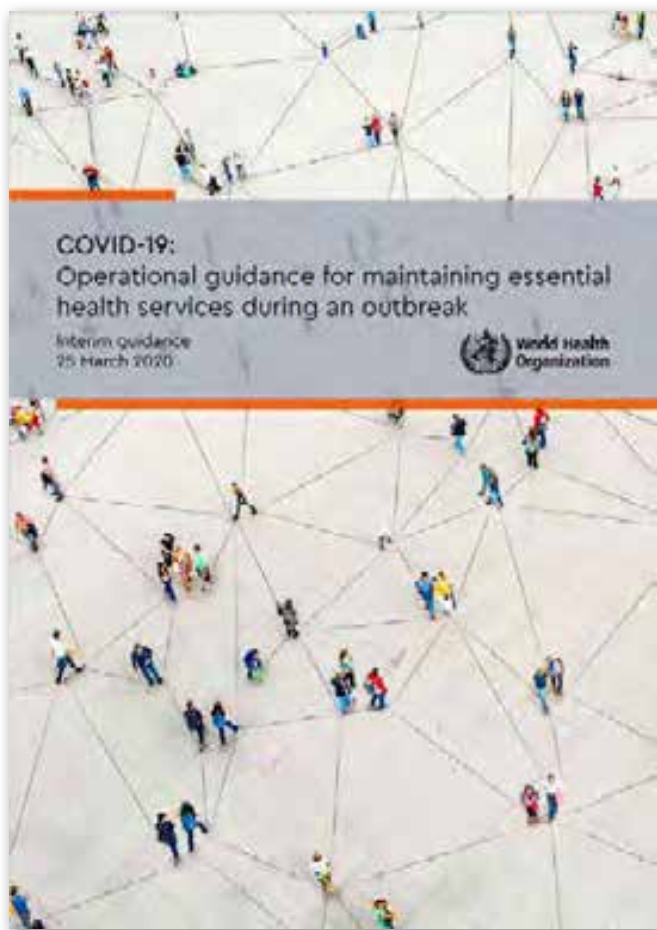
World Health Organization

COVID-19: Operational guidance for maintaining essential health services during an outbreak

Summary:

A guide for healthcare workers and administrators, this booklet offers critical strategic planning and coordinated action to ensure the maintenance of essential health service delivery, while reducing the risk of system collapse.

This booklet provides guidance on targeted immediate actions that countries should consider at national, regional, and local levels.

Contents:

Section 1: Establish simplified purpose-designed governance and coordination mechanisms to complement response protocols

Section 2: Identify context-relevant essential services

Section 3: Optimize service delivery settings and platforms

Section 4: Establish effective patient flow (screening, triage, and targeted referral) at all levels

Section 5: Rapidly re-distribute health workforce capacity, including by re-assignment and task sharing

Section 6: Identify mechanisms to maintain availability of essential medications, equipment and supplies

Download and read it here

(links to: https://www.who.int/publications-detail/covid-19-operational-guidance-for-maintaining-essential-health-services-during-an-outbreak)

World Health Organization & UNICEF

Key Messages and Actions for COVID-19 Prevention and Control in Schools

Summary:

A guide for teachers, school administrators, school staff, parents/caregivers, and community members. This booklet provides key messages and actions for early detection and control of COVID-19 in schools.

Contents:

I. FACTS ABOUT COVID-19: COVID-19, Non-Pharmaceutical Interventions (NPIs)

II. INTRODUCTION

III. SCHOOL ADMINISTRATORS, TEACHERS AND STAFF
• Key Messages & Actions
• Checklist

IV. PARENTS/CAREGIVERS AND COMMUNITY MEMBERS
• Key Messages & Actions
• Checklist

V. STUDENTS AND CHILDREN
• Checklist
• Age-specific health education
  - Preschool
  - Primary School
  - Lower Secondary School
  - Upper Secondary School

Download and read it here

(links to: https://www.who.int/docs/default-source/coronaviruse/key-messages-and-actions-for-covid-19-prevention-and-control-in-schools-march-2020.pdf)

📎 **World Health Organization**

Getting your workplace ready for COVID-19

Summary:

A guide for all sectors of society, providing key actions for containing the COVID-19 outbreak.

This guide is for both businesses and employees, as both have specific roles in stopping the disease.

Contents:

1. Simple ways to prevent the spread of COVID-19 in your workplace

2. How to manage COVID-19 risks when organizing meetings and events

3. Things to consider when you and your employees travel

4. Getting your workplace ready in case COVID-19 arrives in your community.

Download and read it here

(links to: https://www.who.int/docs/default-source/coronaviruse/advice-for-workplace-clean-19-03-2020.pdf)
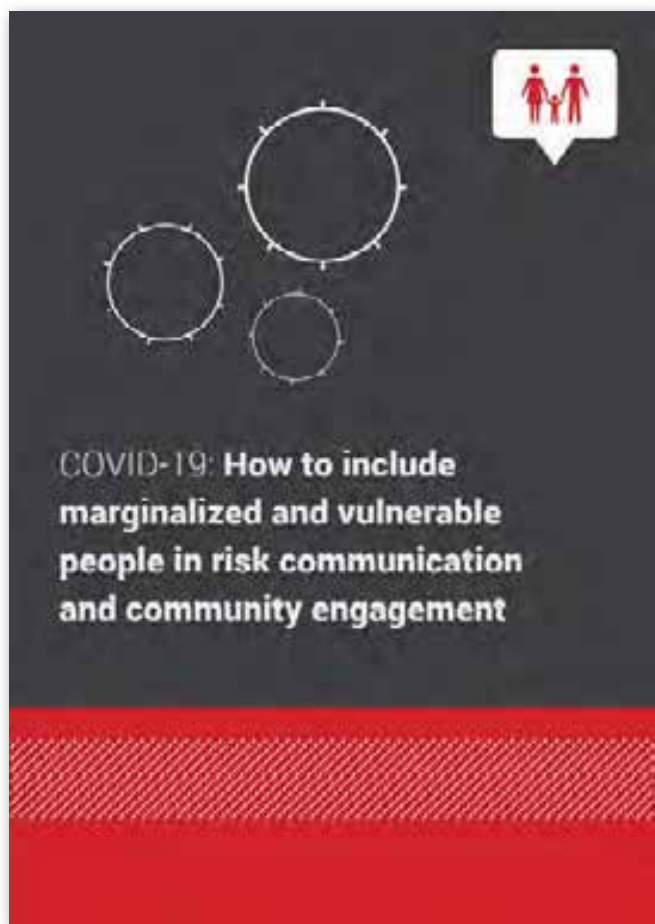
📎 Inter-Agency Standing Committee (IASC)

COVID-19: How to include marginalized and vulnerable people in risk communication and community engagement

Summary:

Marginalized people, such as the elderly, youth, children, persons with disabilities, refugees, and minorities, become even more vulnerable during emergencies. This guide provides actions for helping these populations.

Contents:

1. Children
2. Persons With Disabilities
3. Women and Girls
4. Pregnant Women
5. People Living With HIV
6. Gender-Based Violence Survivors
7. Refugees and Migrants
8. Elderly

9. People Living In Existing Humanitarian Emergencies
10. People With Preexisting Medical Conditions
11. Sexual and Gender Minorities
12. Ethnic Minorities
13. Key Protection, Gender, and Inclusion Actions for Risk Communications and Community Engagement

Download and read it here

(links to: https://interagencystandingcommittee.org/system/files/2020-03/COVID-19%20-%20How%20to%20include%20marginalized%20and%20vulner-able%20people%20in%20risk%20communication%20and%20community%20engagement.pdf)
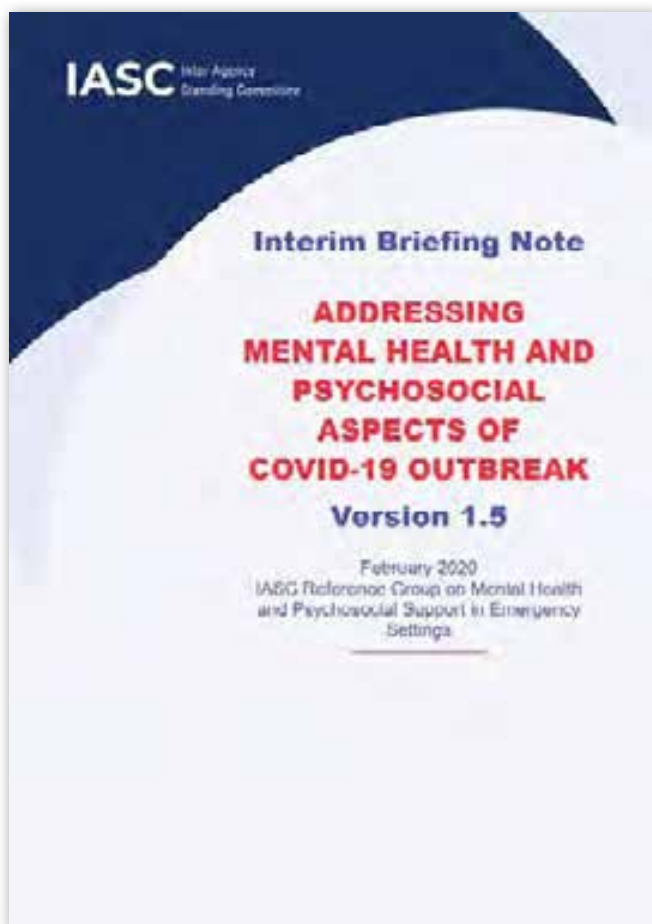
Inter-Agency Standing Committee (IASC)

Interim Briefing Note: Addressing Mental Health and Psychosocial Aspects of COVID-19 Outbreak

Summary:

A summary of key mental health and psychosocial support (MHPSS) guidelines in relation to the COVID-19 outbreak.

Contents:

- Context
- Mental Health and Psychosocial Support (MHPSS)
- Mental Health and Psychosocial Responses to COVID19
- Overarching Principles for an MHPSS Response to COVID-19
- Globally Recommended Activities
- Helping Older Adults Cope With Stress During the COVID-19 Outbreak
- Supporting the Needs of People With Disabilities During a COVID-19 Outbreak
- Messages & Activities for Helping Children Deal With Stress During the COVID-19 Outbreak
- MHPSS Activities for Adults in Isolation/Quarantine
- Supporting People Working in the COVID-19 Response
- Community MHPSS Messages During the COVID-19 Outbreak

Download and read it here

(links to: https://www.mhinnovation.net/sites/default/files/downloads/resource/IASC%20Interim%20Briefing%20Note%20on%20COVID-19%20Out-break%20Readiness%20and%20Response%20Operations%20-%20MHPSS.pdf)
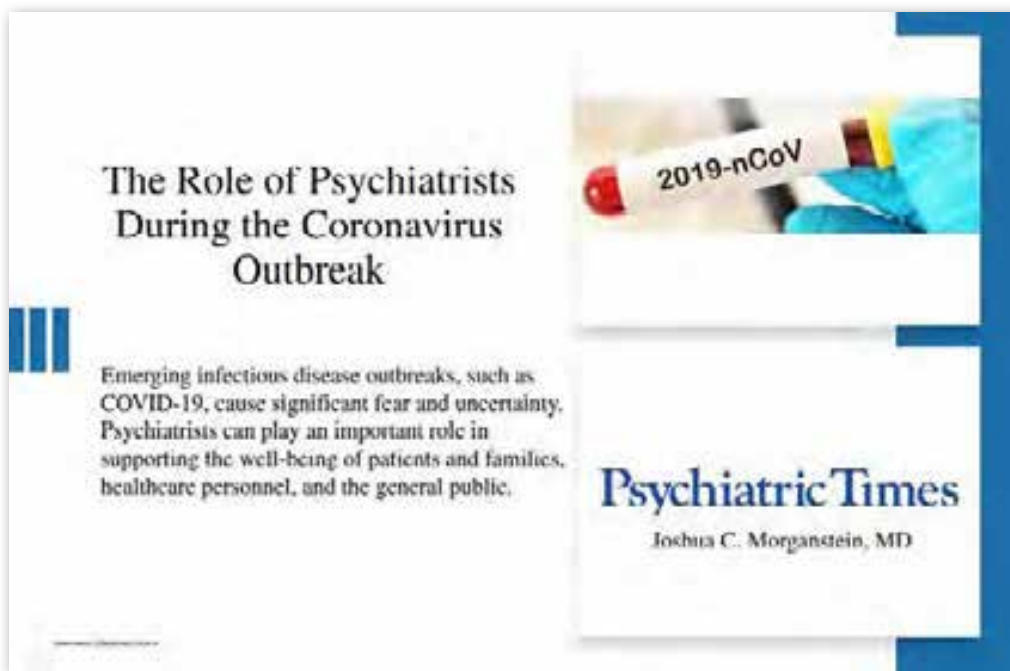
📎 **Psychiatric Times**

The Role of Psychiatrists During the Coronavirus Outbreak

by Joshua Morganstein, M.D.

Summary:

A presentation explaining the role of psychiatrists during the COVID-19 outbreak, by Dr. Morganstein, Chair of the American Psychiatric Association Committee on the Psychiatric Dimensions of Disaster.

Download and read it here

(links to: https://www.psychiatrictimes.com/sites/default/files/legacy/mm/digital/media/03Mar_PTMorganstein_Coronavirus_PDF_V2.pdf)

CORONAVIRUS DISEASE 2019
(COVID-19)

Coping with COVID-19: Tips and Strategies to Assist in Coping

Trinity Health
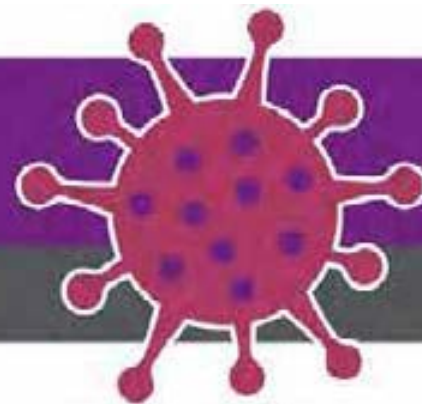
Audience: All Colleagues	
Revision Date: 3/25/2020	
Version: Version #1	

Tips and Strategies to Assist in Coping with COVID-19

Why are Healthcare providers uniquely at risk? Healthcare providers are the direct frontline in combating the spread and impact of COVD-19. Besides the obvious consequences of stress incurred in going towards rather than away from a feared situation, there are direct and indirect challenges to wellness. The demands of medical care result in competing demands of caring for patients, your own family and friends and yourself. In addition, those called to serve in healthcare are strongly committed to service and altruism, all of which may place you at risk for minimizing your own distress in order to care for others.

Differentiate helpful and problematic stress: It's *okay to feel stressed!* Anxiety and stress are normal, expected reactions to crisis. In manageable amounts, stress can serve to increase focus, allow for clear prioritization of needs and protect resources. However, when stress peaks and hits the 'turning point', it can lead to physical and emotional distress. It may be harder to identify your emotional distress so check in with physical symptoms (muscle tension, hand tremors, poor appetite, sweating palms) which may better reveal your stress level. If you notice any of these things, please reach out for support!

Peer support: *It's okay to ask for help!* Anxiety is a normal human response and is indicative that you care about your job and take it seriously. This is a difficult time. Research indicates that peer support is instrumental in surmounting these barriers and allowing healthcare workers to give and receive the support they need. If asking for help is hard, then clearly it takes strength do so. By reaching out to peers, you can change the culture within your team and department.

Ask for professional support: *It's okay to need professional support!* Although the focus in traumatic situations is on the individual at the center of the trauma (in this context, the patient); others involved in the situation can also experience the effects of that trauma, including medical providers treating the patient. During or in the immediate aftermath of a trauma, healthcare providers and first responders are at risk for acute stress symptoms which include hypervigilance (startle reflex), feeling irritable and/or unable to feel happy, recurrent thoughts or intrusive images of the trauma or considerable efforts to avoid thinking of the trauma. If you experience any of these symptoms, please reach out to your manager or human resources for additional support.

Grounding: *It's okay to pause!* Utilize each of your five senses to ground yourself in the moment (What am I seeing? What am I hearing? What am I feeling?). This can be done at the beginning or end of your shift as a transition point, it can be done before or after walking into a patient room to center yourself or at any point you feel yourself losing connection to the immediate present.

Focus on what is in your control: *It's okay to separate what you can and cannot control!* Differentiate aspects that are within your control and those that are not. Behaviors are often easier to control than thoughts and emotions so focusing on doing something in the present can be helpful. Select one small task that is do-able and will promote a sense of accomplishment.

Labeling: *It's okay to think about your feelings!* It may sound simple, but the act of labeling how you feel can be powerful in anchoring you within your experience rather than leaving you feeling overwhelmed. An important distinction to make is to identify it as an emotion. Notice the ways the following two statements sound different: "I am scared" versus "I am feeling scared." In the first phrase, the emotion becomes your identity whereas in the second, it implies that is an emotion, something transient and change-able. Try checking in with yourself several times a day with the following prompt: "I am currently feeling….."

Focus on the present moment: *It's okay to redirect to the present!* At times within healthcare settings, it may be necessary to attempt to predict scenarios, which may occur in order to better able implement the appropriate response if it does. There are also times the sense of being on autopilot and responding based on training and instinc,t also seems beneficial in acute medical events. However, it is important to recognize when the 'what ifs' are no longer productive and instead increase anxiety. Offer opportunities to be in the present by feeling the sensation of pushing your feet into the floor, slowly stretching or focusing on regulating your breathing with slow, even breaths.

Breathing: *It's okay to take a breather!* Focusing on slowing down your breath can decrease autonomic arousal. One way to do this is diaphragmatic breathing. Focus on breathing into your abdomen rather than your chest—your belly will rise while your chest remains still. Pause between each inhale and exhale. Sometimes counting the breaths can be useful to ensure the exhale is as long or longer than the inhale. One way of counting is to inhale for a count of 4, pause for a count of 4, exhale for count of 4, pause for count of 4. Repeat.

Humor: *It's okay to laugh!* Humor is an incredible coping skill. Having a laugh with coworkers, watching funny movies, singing and dancing, and finding comical content online can all serve as breaks and lighten the heaviness of the work.

Accept help: *It's okay to ask for and allow help outside of work, too!* Brainstorm a list of tasks your support network can help with and feel comfortable replying to their offers. People want to help! You have a unique skill set that many others do not and it is being used to care for those most in need. People want to feel useful – let them pick up groceries for you, drop off a gift certificate to your family, or provide distractions in the form of puzzles and games for your family (ensuring proper distancing and precautions).

Strategies to Cope with COVID-19 related mood symptoms

When having catastrophic thoughts:
- Ask yourself, "what is the probability of what I am worrying about to occur?"
- Ask yourself, "How could I cope with the most realistic outcome?"
- When having scary thoughts, refocus onto what is important to you. Center yourself on what you are grateful for and appreciative of in the present moment.

When Feeling anxious, down, or panicked:
- You have control over what you do next including reading a book, taking a walk, calling a loved one, listening to music, etc.
- Belly Breathing: Take a slow deep breath into your nose for a count of 4 seconds, hold for 4 seconds, and slowly exhale through your mouth for 4 seconds. Watching your belly rise with the breath in and fall with the breath out. Try counting your breaths at same time!
- Try a Meditation app including Headspace, Insight Timer, Calm, and Buddhify
- Engage in physical activity including a walk outside, exercise video, dancing to music
- Reach out to a loved one via phone (audio or FaceTime)

Daily Healthy Lifestyle Behaviors:
1) Keep regular sleep/wake cycle (e.g getting up at same time and going to bed at same time; 7-9 hours per night)
2) Eating nutritious foods (fruits, vegetables, plant-based protein, fish, etc.) every 4-5 hours
3) Mindfulness meditation (using an app or YouTube video)
4) Social support (calling or FaceTiming friends and loved ones)
5) Self hygiene (e.g. shower, brushing teeth, getting dressed, etc.)

Developed by Loyola Medicine

Trinity Health

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CARING FOR PATIENTS' MENTAL WELL-BEING DURING CORONAVIRUS AND OTHER EMERGING INFECTIOUS DISEASES: A GUIDE FOR CLINICIANS
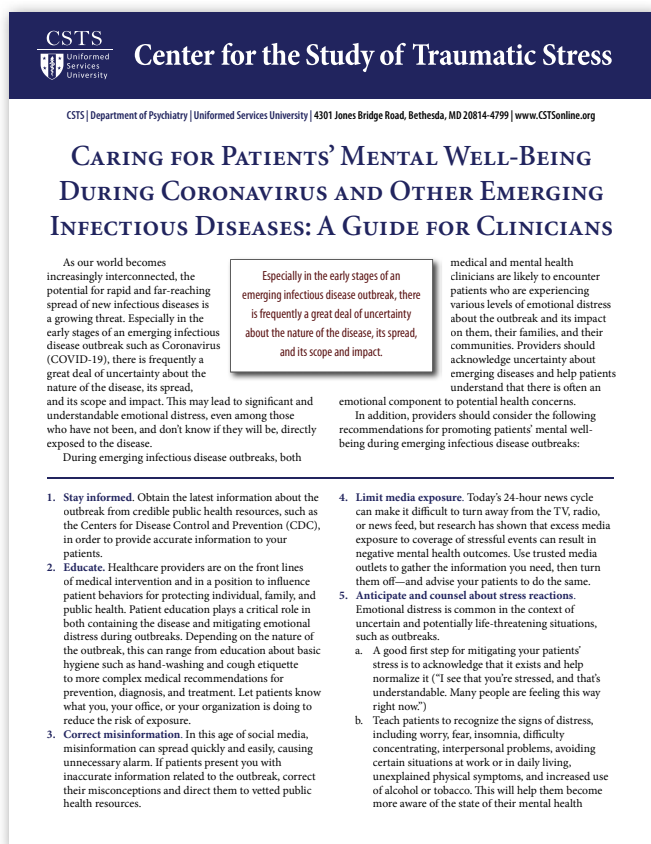
📎 **Center for the Study of Traumatic Stress (CSTS)**

Caring for Patients' Mental Well-Being During Coronavirus and Other Emerging Infectious Diseases: A Guide for Clinicians

Summary:

A 2-page fact sheet with guidance on caring for patients' mental well-being during Coronavirus and other infectious diseases.

All CSTS Fact Sheets can be viewed at: https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response

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(links to: https://www.cstsonline.org/assets/media/documents/CSTS_FS_Caring_for_Patients_Mental_WellBeing_during_Coronavirus.pdf)
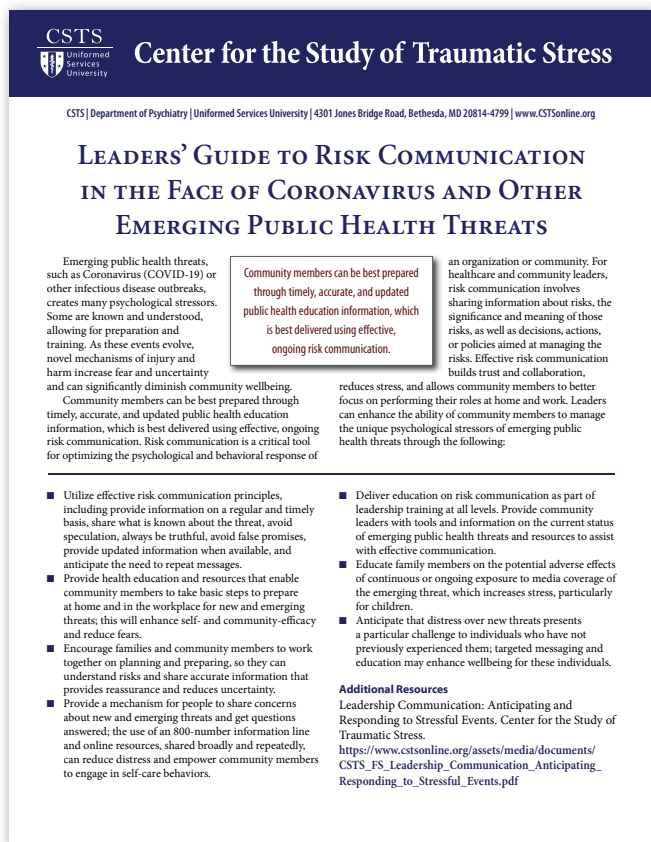
Center for the Study of Traumatic Stress (CSTS)

Leaders' Guide to Risk Communication in the Face of Coronavirus and Other Emerging Public Health Threats

Summary:

A 1-page fact sheet presenting tips for leaders and community members on being best prepared to deliver effective risk communication.

All CSTS Fact Sheets can be viewed at: https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response

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(links to: https://www.cstsonline.org/assets/media/documents/CSTS_FS_Coronavirus_Leaders_Guide_to_Risk_Communication_in_the%20Face_of_Emerging_Threats_Outbreaks.pdf)
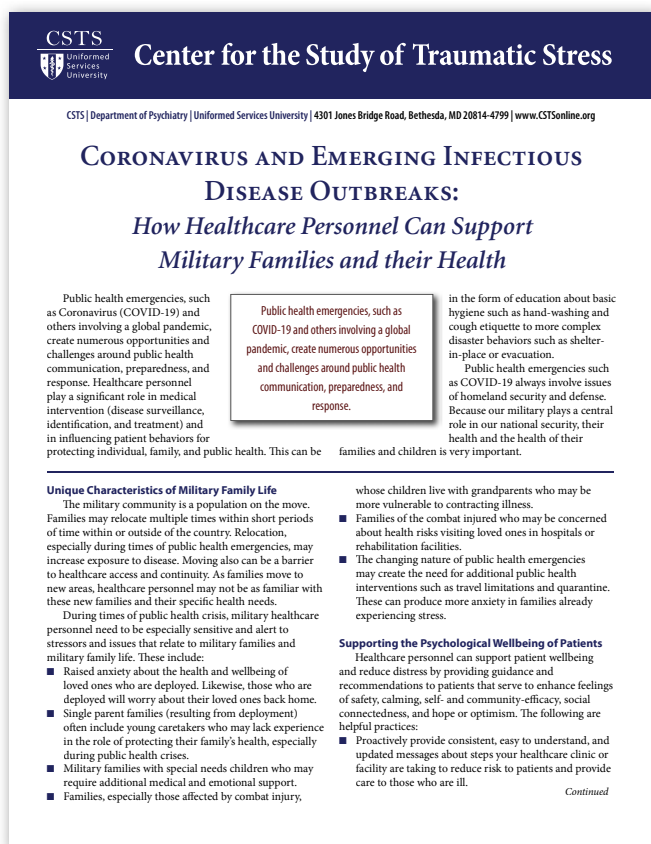
Center for the Study of Traumatic Stress (CSTS)

Coronavirus and Emerging Infectious Disease Outbreaks: How Healthcare Personnel Can Support Military Families and their Health

Summary:

A 2-page fact sheet with guidance for healthcare personnel on supporting military families and their health.

Contents:

- Unique Characteristics of Military Family Life
- Supporting the Psychological Wellbeing of Patients

All CSTS Fact Sheets can be viewed at: https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response

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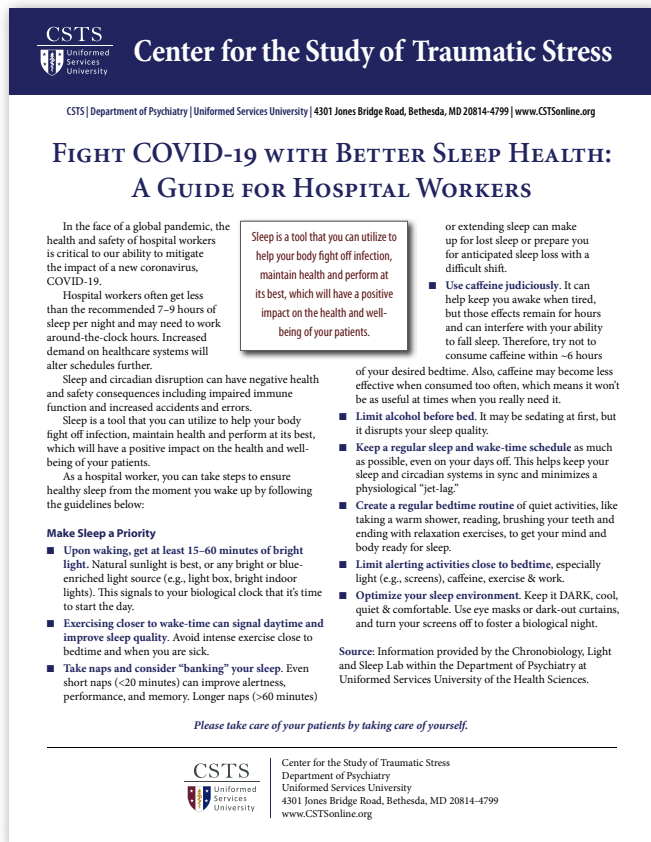
Center for the Study of Traumatic Stress (CSTS)

Fight COVID-19 with Better Sleep Health: A Guide for Hospital Workers

Summary:

A 1-page fact sheet on how to maintain good sleep habits for better resilience during the virus outbreak.

All CSTS Fact Sheets can be viewed at: https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response

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(links to: https://www.cstsonline.org/assets/media/documents/CSTS_FS_Fight_COVID19_w_Better_Sleep_Health.pdf)
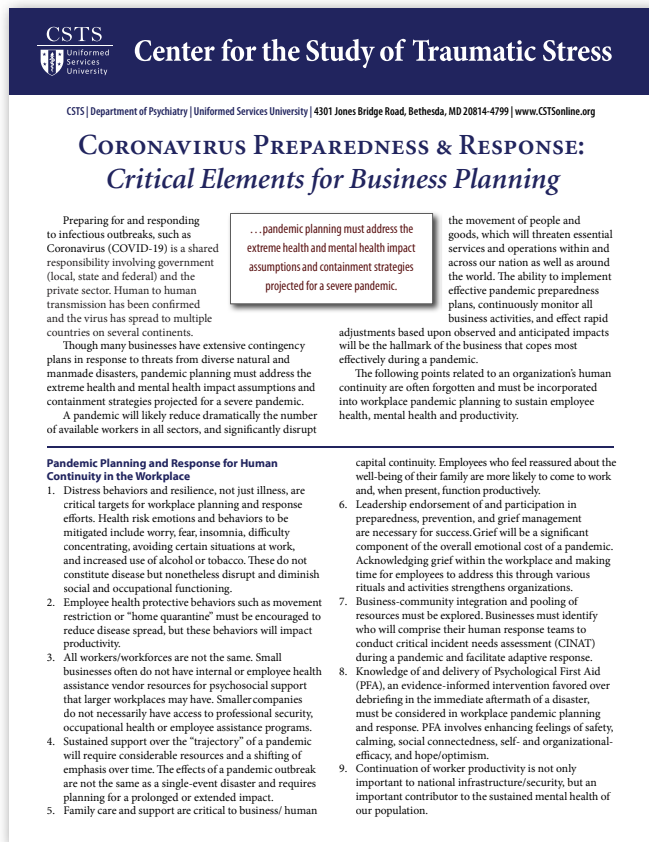
Center for the Study of Traumatic Stress (CSTS)

Coronavirus Preparedness & Response: Critical Elements for Business Planning

Summary:

A 1-page fact sheet with 9 tips for pandemic planning and response in the workplace.

All CSTS Fact Sheets can be viewed at: https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response

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(links to: https://www.cstsonline.org/assets/media/documents/CSTS_FS_Coronavirus_Preparedness_Response.pdf)

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MENTAL HEALTH AND BEHAVIORAL GUIDELINES FOR PREPAREDNESS AND RESPONSE TO CORONAVIRUS AND OTHER EMERGING INFECTIOUS OUTBREAKS

Several global infectious disease outbreaks, such as Coronavirus (COVID-19), can help inform psychological and behavioral responses to these events as well as appropriate interventions. Since the highly lethal pandemic outbreak of influenza in 1918, there have been few global threats from infectious agents. SARS outbreaks in Asia and Canada, as well as H1N1, MERS, Ebola virus and Zika virus have provided important lessons to inform preparedness and response.

Like many crisis and disaster events, pandemics result in a predictable range of distress reactions (insomnia, decreased perceptions of safety, anxiety), health risk behaviors (increased use of alcohol and tobacco, work/life imbalance manifested by extreme over-dedication in the workplace to alleviate distress), and may also result in psychiatric disorders, such as PTSD, depression, and anxiety.

Infectious outbreaks have unique characteristics that increase fear and uncertainty, due to the imperceptibility of the infectious agent, uncertainty about infection, and early stage symptoms that are often easily mistaken for more well-known, benign illnesses. As a result, pandemics manifest unique individual and community responses, including scapegoating and blaming, fear of infection, and high levels of somatic (physical) symptoms. Community response to outbreaks is governed by perception of risk (not actual risk) with a variety of factors impacting community distress, including: fear of infection, concerns about adequate supplies and efficacy of prophylactic and treatment medications, and the emergence of pathogens that are difficult to detect or treat, spread in novel ways, or cause unfamiliar or extreme symptoms will increase community distress.

Most large-scale community disasters result in predictable phases of community behavior that unfold over time. After an event such as an earthquake or hurricane, community members typically come together to help with rescue efforts and bond over the shared adversity caused by the catastrophe. This "honeymoon" phase is often helpful for people to begin

> Community response to outbreaks is governed by perception of risk (not actual risk) with a variety of factors impacting community distress...

the process of recovery. In contrast, recommendations during infectious outbreaks include avoiding public places, social distancing, limiting contact with potentially infected individuals and other measures that diminish social connections and amplify feelings of isolation. In some cases, the requirement for quarantine furthers feelings of isolation for individuals directly effected as well as their families, friends, and community members.

Front-line health workers are particularly vulnerable to negative mental health effects of treating outbreak victims, and may experience high levels of traumatic stress reactions, including depression, anxiety, hostility and somatization symptoms. They are directly exposed to the illness and resultant community distress, typically working long hours due to high rates of patients presenting compounded by illness in some providers, and the need to balance the duty to care for patients with concerns about their own well-being and that of their family and friends.

Effective public mental health measures will address numerous areas of potential distress, health risk behaviors, and psychiatric disease. In anticipation of significant disruption and loss, promoting health protective behaviors and health response behaviors will be imperative. Areas of special attention include: (1) the role of risk communication; (2) the role of safety communication through public/private collaboration; (3) psychological, emotional, and behavioral responses to public education, public health surveillance and early detection efforts; (4) psychological responses to community containment strategies (quarantine, movement restrictions, school/work/other community closures); (5) health care service surge and continuity; and (6) responses to mass prophylaxis strategies using vaccines and antiviral medication.

The first step in preventing undesirable psychological, emotional, and behavioral response is an effective public health program of risk assessment and communication, public health prevention, and consequence management. These

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Mental Health and Behavioral Guidelines for Preparedness and Response to Coronavirus and other Emerging Infectious Outbreaks

Summary:

A 3-page face sheet with guidelines for mental health issues during pandemic response.

Contents:

- Preparedness
- Early Pandemic Response
- Later Response and Recovery
- Mental Health Intervention Planning

All CSTS Fact Sheets can be viewed at: https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response

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(links to: https://www.cstsonline.org/assets/media/documents/CSTS_FS_Mental_Health_Behavioral_Guidelines_Response_to_Coronavirus_Outbreaks.pdf)

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PSYCHOLOGICAL EFFECTS OF QUARANTINE DURING THE CORONAVIRUS OUTBREAK:
What Public Health Leaders Need to Know

Quarantine is defined as the separation of individuals who may have been exposed to an infectious disease from the rest of the population to determine if they are ill and to reduce their risk of infecting others. During the coronavirus (COVID-19) outbreak, quarantine has been used as a public health strategy to reduce disease transmission. COVID-19 quarantine efforts have ranged from the mass quarantine of entire cities in China, to isolation in government-run facilities, to self-isolation at home. While quarantine can

> While quarantine can broadly serve the public good, it is also associated with psychological challenges for those quarantined, their loved ones, and the healthcare workers caring for them.

broadly serve the public good, it is also associated with psychological challenges for those quarantined, their loved ones, and the healthcare workers caring for them. Much of the weight of professional, administrative, political, and programmatic factors of quarantine rests upon public health leaders.

This fact sheet describes some of the factors especially relevant to senior public health officials, such as local, state, and tribal health authorities, as they consider their roles in the range of psychological effects related to quarantine.

Stressors of Quarantine and their Psychological Effects

Quarantine can expose individuals to stressors both during and after the quarantine period and may result in adverse acute and long-term psychological outcomes. Effects of quarantine can include symptoms of posttraumatic stress, anxiety, and depression, and responses such as fear, anger/irritability, insomnia, fatigue, detachment and avoidance behaviors, impaired concentration, and diminished work performance. More information on the nature of stressors during and after quarantine, as well as guidance on how to provide care that promotes mental wellbeing, can be found in the resources section of this document.

Tasks for Public Health Leaders (Specific to Psychological Effects and Factors)

1. **Gather and utilize knowledge and expertise** — Behavioral health factors in disasters and other extreme events is a very specialized area within the behavioral sciences. Public health leaders are encouraged to seek such expertise within their own systems as well as from leaders in academia and other governmental entities. Once identified, strategies are needed to ensure the

integration of their expertise into decision-making processes used by public health leaders.

2. **Monitor psychological effects** — Psychological impact varies greatly depending on the nature of the event, event stage, geography, and other factors. In addition, these effects frequently change over time as a function of threat status and the impact of intervention efforts. Effective monitoring of impact and adaptation of strategies will help ensure that efforts are focused where most needed. These effects are experienced by diverse individuals such as those quarantined, their families, health and behavioral health care providers, and others.

3. **Assist in resource identification, provision, operations, adaptability, and integration** — Leaders are frequently the seekers and gatekeepers of resource acquisition and deployment. They also play a central role in ensuring that resources are appropriately targeted and integrated with other related efforts. Integration of efforts and resources across professional cultures and organizational structures is critical to optimal programs, especially in potentially complex and controversial strategies, such as quarantine. At a minimum, in quarantine situations, important systems include behavioral health, public health, medical

Continued

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Psychological Effects of Quarantine During the Coronavirus Outbreak: What Public Health Leaders Need to Know

Summary:

A 2-page fact sheet describing the psychological effects of quarantine and **strategies for public health leaders** in caring for healthcare workers and those that are quarantined.

All CSTS Fact Sheets can be viewed at: https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response

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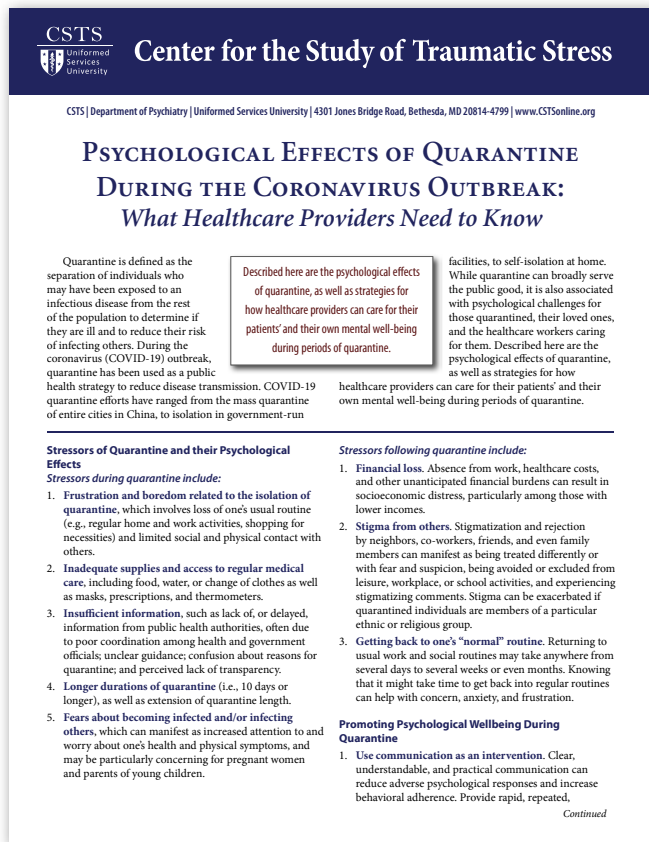
Center for the Study of Traumatic Stress (CSTS)

Psychological Effects of Quarantine During the Coronavirus Outbreak: What Healthcare Providers Need to Know

Summary:

A 2-page fact sheet describing the psychological effects of quarantine and **strategies for healthcare providers** in caring for themselves and their patients.

All CSTS Fact Sheets can be viewed at: https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response

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SUSTAINING THE WELL-BEING OF HEALTHCARE PERSONNEL DURING CORONAVIRUS AND OTHER INFECTIOUS DISEASE OUTBREAKS

The extreme stress, uncertainty, and often difficult medical nature of global infectious disease outbreaks, such as Coronavirus (COVID-19), require special attention to the needs of healthcare personnel. Taking care of yourself and encouraging others to practice self-care sustains the ability to care for those in need.

> Taking care of yourself and encouraging others to practice self-care sustains the ability to care for those in need.

Challenges for Healthcare Personnel During Infectious Disease Outbreaks

- **Surge in care demands.** Many more people present for care, while increased healthcare personnel are sick or caring for family.
- **Ongoing risk of infection.** Increased risk of contracting dreaded illness and passing it along to family, friends, and others at work.
- **Equipment challenges.** Equipment can be uncomfortable, limit mobility and communication, and be of uncertain benefit; shortages occur as a result of increased, and sometimes unnecessary, use.
- **Providing support as well as medical care.** Patient distress can be increasingly difficult for healthcare personnel to manage;
- **Psychological stress in the outbreak settings.** Helping those in need can be rewarding, but also difficult as workers may experience fear, grief, frustration, guilt, insomnia, and exhaustion.

Strategies for Sustaining Healthcare Personnel Well-Being

- **Meet Basic Needs.** Be sure to eat, drink and sleep regularly. Becoming biologically deprived puts you at risk and may also compromise your ability to care for patients.
- **Take Breaks.** Give yourself a rest from tending to patients. Whenever possible, allow yourself to do something unrelated to work that you find comforting, fun or relaxing. Taking a walk, listening to music, reading a book, or talking with a friend can help. Some people may feel guilty if they are not working full-

time or are taking time to enjoy themselves when so many others are suffering. Recognize that taking appropriate rest leads to proper care of patients after your break.

- **Connect with Colleagues.** Talk to your colleagues and receive support from one another. Infectious outbreaks can isolate people in fear and anxiety. Tell your story and listen to others'.
- **Communicate Constructively.** Communicate with colleagues clearly and in an optimistic manner. Identify mistakes or deficiencies in a constructive manner and correct them. Complement each other—compliments can be powerful motivators and stress moderators. Share your frustrations and your solutions. Problem solving is a professional skill that often provides a feeling of accomplishment even for small problems.
- **Contact Family.** Contact your loved ones, if possible. They are an anchor of support outside the healthcare system. Sharing and staying connected may help them better support you.
- **Respect Differences.** Some people need to talk while others need to be alone. Recognize and respect these differences in yourself, your patients and your colleagues.
- **Stay Updated.** Rely on trusted sources of information. Participate in meetings to stay informed of the situation, plans and events.
- **Limit Media Exposure.** Graphic imagery and worrisome messages will increase your stress and may reduce your effectiveness and overall wellbeing.
- **Self Check-Ins.** Monitor yourself over time for any symptoms of depression or stress disorder: prolonged sadness, difficulty sleeping, intrusive memories, hopelessness. Talk to a peer, supervisor, or seek professional help if needed.
- **Honor Your Service.** Remind yourself that despite obstacles or frustrations, you are fulfilling a noble calling—taking care of those most in need. Recognize your colleagues—either formally or informally—for their service.

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Sustaining the Well-Being of Healthcare Personnel during Coronavirus and other Infectious Disease Outbreaks

Summary:

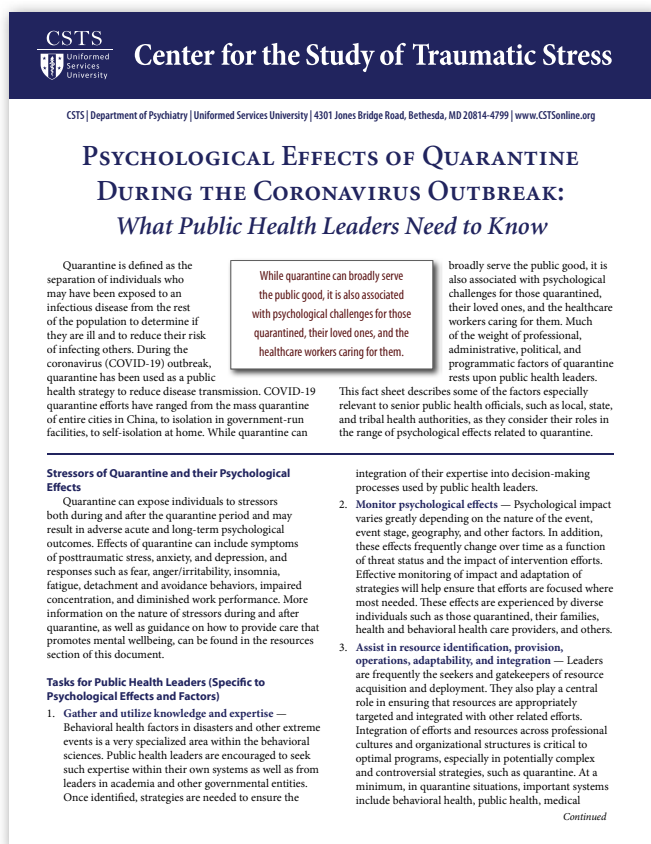A 1-page fact sheet with tips on sustaining well-being for healthcare personnel.

All CSTS Fact Sheets can be viewed at: https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response

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(links to: https://www.cstsonline.org/assets/media/documents/CSTS_FS_Sustaining_Well_Being_Healthcare_Personnel_during.pdf)
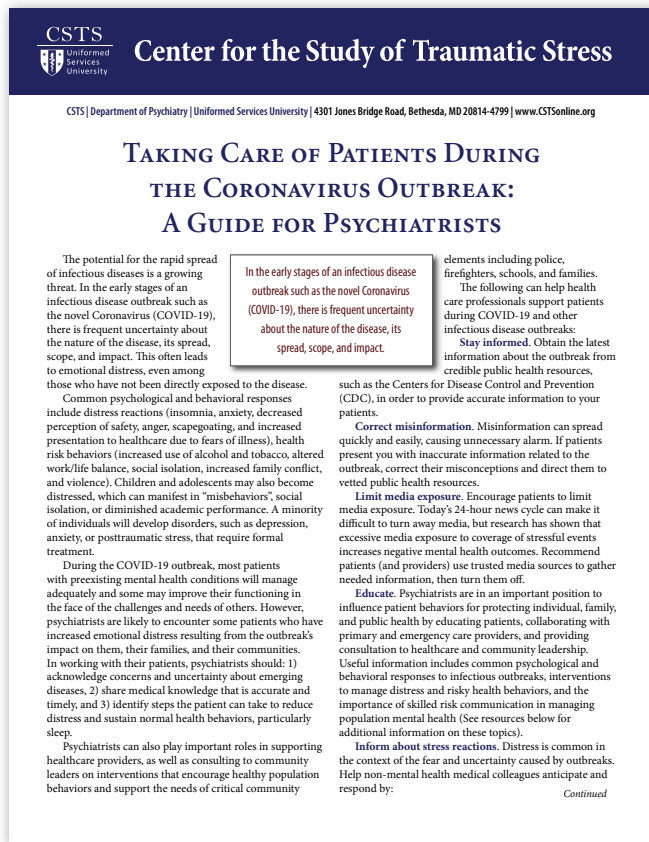
Center for the Study of Traumatic Stress (CSTS)

Taking Care of Patients During the Coronavirus Outbreak: A Guide for Psychiatrists

Summary:

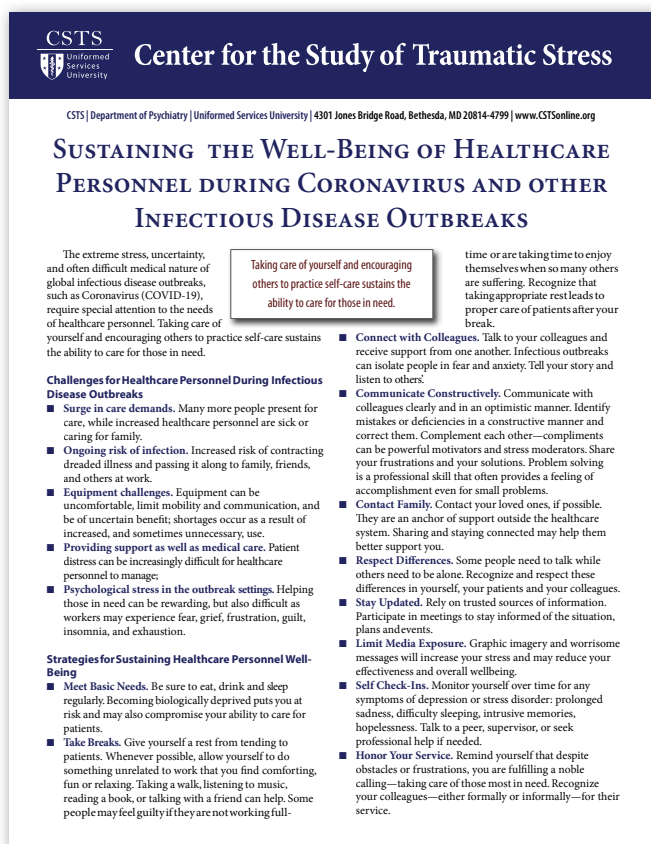A 2-page fact sheet with guidelines and strategies for psychiatrists.

All CSTS Fact Sheets can be viewed at: https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response

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(links to: https://www.cstsonline.org/assets/media/documents/CSTS_FS_Taking_Care_of_Patients_During_Coronavirus_Outbreak_A_Guide_for_Psychiatrists_03_03_2020.pdf)

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PROLONGED OPERATIONS IN PERSONAL PROTECTIVE EQUIPMENT DURING COVID-19:
Recommendations for Workers and Managers

Response to the COVID-19 pandemic has required significantly greater use of personal protective equipment (PPE) by first responders and healthcare workers. In some instances the need for working in PPE may extend for entire shifts and continue

> Promote a culture in which anxiety reactions are expected and managed, where it is "okay to not be okay."

for weeks. The following fact sheet summarizes psychological challenges associated with prolonged work in PPE and recommendations for workers and managers to overcome those challenges.

Physiologic Needs of Workers
PPE can limit ability to sustain physiologic needs such as hydration and accelerate fatigue and dehydration through increased sweating.
- Clearly communicate the signs of exhaustion and dehydration so that team members may intervene and protect the safety of themselves and each other.
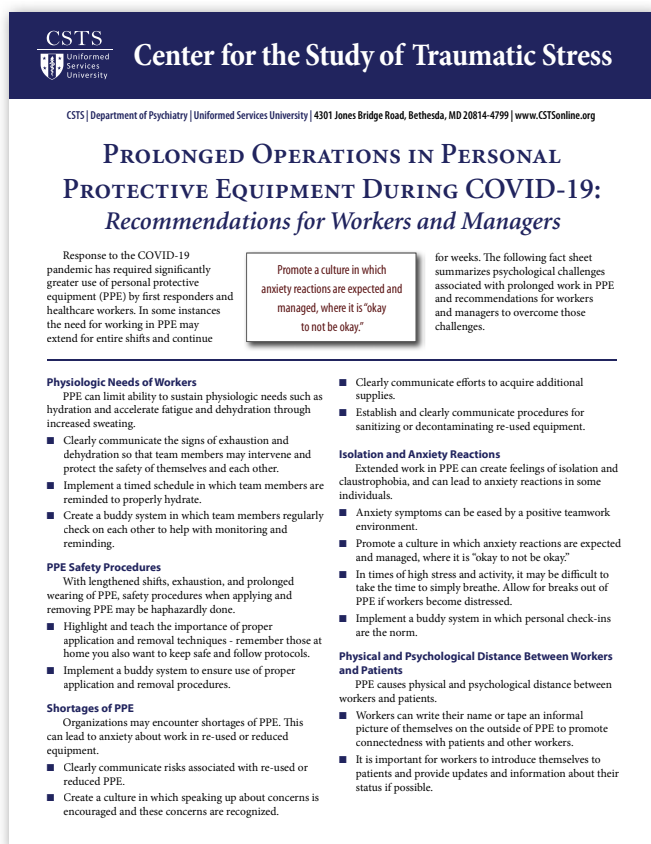- Implement a timed schedule in which team members are reminded to properly hydrate.
- Create a buddy system in which team members regularly check on each other to help with monitoring and reminding.

PPE Safety Procedures
With lengthened shifts, exhaustion, and prolonged wearing of PPE, safety procedures when applying and removing PPE may be haphazardly done.
- Highlight and teach the importance of proper application and removal techniques - remember those at home you also want to keep safe and follow protocols.
- Implement a buddy system to ensure use of proper application and removal procedures.

Shortages of PPE
Organizations may encounter shortages of PPE. This can lead to anxiety about work in re-used or reduced equipment.
- Clearly communicate risks associated with re-used or reduced PPE.
- Create a culture in which speaking up about concerns is encouraged and these concerns are recognized.

- Clearly communicate efforts to acquire additional supplies.
- Establish and clearly communicate procedures for sanitizing or decontaminating re-used equipment.

Isolation and Anxiety Reactions
Extended work in PPE can create feelings of isolation and claustrophobia, and can lead to anxiety reactions in some individuals.
- Anxiety symptoms can be eased by a positive teamwork environment.
- Promote a culture in which anxiety reactions are expected and managed, where it is "okay to not be okay."
- In times of high stress and activity, it may be difficult to take the time to simply breathe. Allow for breaks out of PPE if workers become distressed.
- Implement a buddy system in which personal check-ins are the norm.

Physical and Psychological Distance Between Workers and Patients
PPE causes physical and psychological distance between workers and patients.
- Workers can write their name or tape an informal picture of themselves on the outside of PPE to promote connectedness with patients and other workers.
- It is important for workers to introduce themselves to patients and provide updates and information about their status if possible.

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Prolonged Operations in Personal Protective Equipment During COVID-19: Recommendations for Workers and Managers

Summary:

A 1-page fact sheet on dealing with anxiety and stress caused by prolonged wear of personal protective equipment during the pandemic.

All CSTS Fact Sheets can be viewed at: https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response
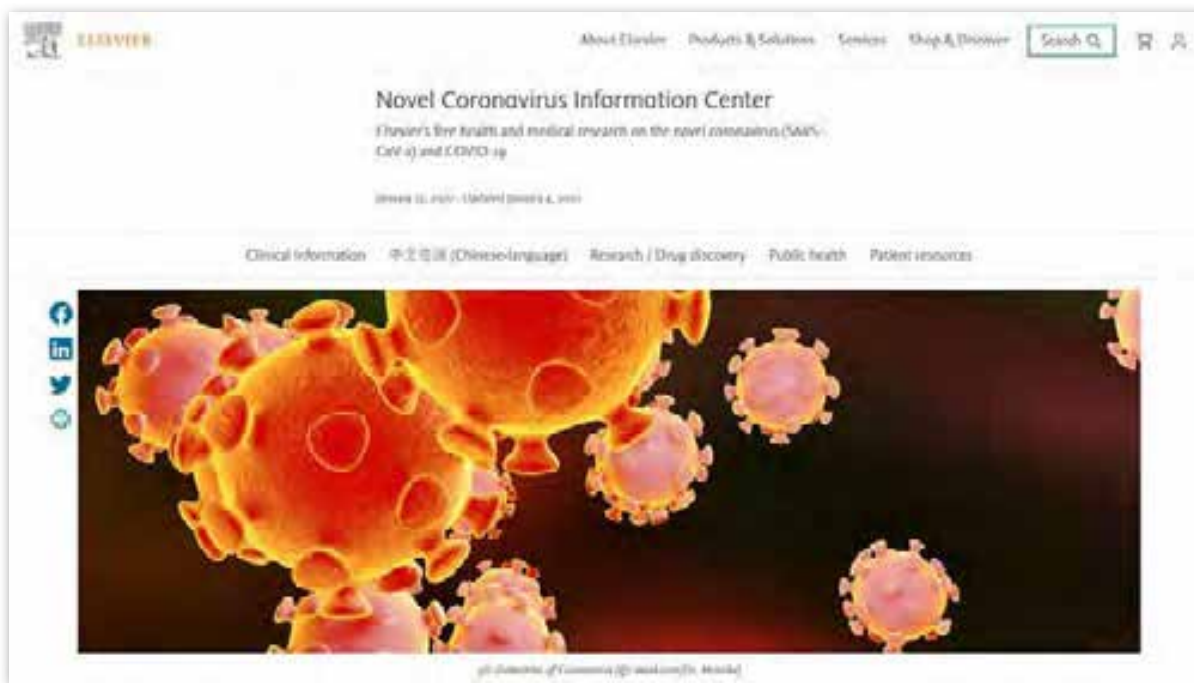
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(links to: https://www.cstsonline.org/assets/media/documents/CSTS_FS_Prolonged_Operations_in_Personal_Protective_Equipment.pdf)

Academic Research Articles & Databases

Recommended Resource:

📎 **Elsevier**

Elsevier's Novel Coronavirus Information Center

Summary:

20,000 expert and peer-reviewed free articles on the latest COVID-19 research, including guidelines for clinicians and patients.

The information database is continuously updated.

> **Access the database here**

(links to: https://www.elsevier.com/connect/coronavirus-information-center)

Recommended Resource:

📎 The Lancet

Mitigate the effects of home confinement on children during the COVID-19 outbreak

Summary:

In China alone, The Ministry of Education estimates that more than 220 million children and adolescents are confined to their homes. This confinement threatens negative effects on children's physical and mental health. This article provides research and guidance on what can be done to mitigate these effects.

Download and read it here

(links to: https://www.thelancet.com/action/showPdf?pii=S0140-6736%2820%2930547-X)

The Lancet

The psychological impact of quarantine and how to reduce it: rapid review of the evidence

Summary:

Published by the research team at the Department of Psychological Medicine, King's College London, London, UK, this is a comprehensive, 9-page review of the psychological impacts of isolation and how to reduce negative effects.

Contents:

- Why is this Review needed?
- The psychological impact of quarantine
- Prequarantine predictors of psychological impact
- Stressors during quarantine
- Stressors post quarantine
- What can be done to mitigate the consequences of quarantine?
- What we do not know

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(links to: https://www.thelancet.com/action/showPdf?pii=S0140-6736%2820%2930460-8)

Recommended Resource:

The Lancet

The mental health of medical workers in Wuhan, China dealing with the 2019 novel coronavirus

Summary:

Documented mental health responses of medical workers in Wuhan, China.

Article dated 2/5/20.

Download and read it here

(links to: https://www.thelancet.com/pdfs/journals/lanpsy/PIIS2215-0366(20)30047-X.pdf)

Psychiatry Research

The emotional impact of Coronavirus 2019-nCoV (new Coronavirus disease)

Summary:

COVID-19 has "created a confused and rapidly evolving situation." This article examines the mental health effects in Wuhan, China, and the conclusions to be made from the outcomes.

Article dated 3/9/20.

Download and read it here

(links to: https://www.sciencedirect.com/science/article/pii/S0165178120305163)

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The Indian Journal of Pediatrics

A Review of Coronavirus Disease-2019 (COVID-19)

Summary:

A comprehensive review of the Coronavirus Disease, origins, features, diagnosis, and treatments.

Contents:

- Introduction
- History
- Origin and Spread of COVID-19
- Epidemiology and Pathogenesis
- Clinical Features
- Diagnosis
- Differential Diagnosis
- Treatment
- Prevention
- Practice Points from an Indian Perspective
- Conclusions

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(links to: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7090728/pdf/12098_2020_Article_3263.pdf)

JAMA Network

Factors Associated With Mental Health Outcomes Among Health Care Workers Exposed to Coronavirus Disease 2019

Summary:

Quoted from the article: "In this cross-sectional study of 1257 health care workers in 34 hospitals equipped with fever clinics or wards for patients with COVID-19 in multiple regions of China, a considerable proportion of health care workers reported experiencing symptoms of depression, anxiety, insomnia, and distress, especially women, nurses, those in Wuhan, and front-line health care workers directly engaged in diagnosing, treating, or providing nursing care to patients with suspected or confirmed COVID-19."

Download and read it here

Infographics

(Free to share. You can also find the originals and more graphics at NNDCIF's social media pages.)

nndcifoundation.org

Food to be eaten to make your immune system STRONGER

Citrus fruits – like grapes, orange, lemon

Broccoli

Spinach

Turmeric

Garlic

Sunflower seeds

Curd / Yogurt

Ginger

Green tea

Almonds

Kiwi

Shell-fish

Papaya

Source: healthline.com
consult your nutritionist for more details

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THE MATH BEHIND
SOCIAL DISTANCING

An imaginary published in globalnews.ca based on Study of Robert A.J. Signer
Ph.D., Assistant professor of Medicine at the University of California, San Diego Gary Warshaw, An Disease

Now	5 Days	30 Days
1 Person	2.5 People infected	406 People infected

50% LESS EXPOSURE

Now	5 Days	30 Days
1 Person	1.5 People infected	15 People infected

50% LESS EXPOSURE

Now	5 Days	30 Days
1 Person	0.625 People infected	2.5 People infected

STAY HOME STAY SAFE

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Why the corona virus is triggering mental health issues:

- Despair
- Mindset switch from "living" to "survival"
- Triggers feeling of hopelessness
- Increased health anxiety
- Decreased job security
- Fear for loved ones lives
- Promotes social withdrawal
- Decreased financial security
- Loneliness

Quarantine makes it more difficult to distract oneself from existing mental health issues.

Coronavirus isn't just threatening our physical health, but our mental health too. look after it.

Please share to raise awareness

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Protect **yourself and loved ones** from **coronavirus.**

Wash your hands regularly with soap and water (20 Sec)

Avoid close contact with anyone who has a cold or flu-like symptoms

Cover your mouth and nose while sneezing or coughing

If you have fever, cough and difficulty breathing, seek medical care early

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Source: WHO

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STOP THE SPREAD

Help prevent the spread of respiratory diseases like COVID-19.

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Avoid close contact with people who are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Avoid touching your eyes, nose, and mouth.

Clean and disinfect frequently touched objects and surfaces.

Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.

Source: CDC

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