

HEALTH NEWS

APRIL 2020



STAYING MENTALLY HEALTHY DURING A QUARANTINE



KEEP YOUR USUAL ROUTINE



Experts say continuing with normal routines as much as possible will help you stay healthy during quarantines. For example, people should continue to wake up and get dressed at their usual time. With some people staying in pajamas all day it could lead to feelings of being unproductive or without purpose.

DON'T FORGET "SELF-CARE" ACTIVITIES



Everyone should include "self-care" activities during quarantine, such as exercise, reading or playing musical instruments. Getting exercise is important. Even if you must stay indoors, make sure to move your body. Maybe seek some online exercise classes.

GO OUTSIDE



Health experts advise people to make sure to spend time outdoors. Being in nature can help to ease boredom and other tensions of quarantine. So, take a walk. Work in the yard if you have one. Start a garden. Explore some woods or wild areas. Get sunshine on your face. Wash your car or bicycle.

STRESS AND COPING

EVERYONE REACTS DIFFERENTLY TO STRESSFUL SITUATIONS.

How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in. People who may respond more strongly to the stress of a crisis include older people and people with chronic diseases who are at higher risk for COVID-19. Children and teens. People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders. People who have mental health conditions including problems with substance use.

THINGS YOU CAN DO TO SUPPORT YOURSELF

Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting. Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs. Make time to unwind. Try to do some other activities you enjoy. Connect with others. Talk with people you trust about your concerns and how you are feeling. Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

STRESS DURING AN INFECTIOUS DISEASE OUTBREAK CAN INCLUDE

Fear and worry about your own health and the health of your loved ones. Changes in sleep or eating patterns. Difficulty sleeping or concentrating. Worsening of chronic health problems. Increased use of alcohol, tobacco, or other drugs



NEED HELP? KNOW SOMEONE WHO DOES?

Contact the Disaster Distress Helpline

Call 1-800-985-5990

**Contact the National Domestic Violence
Hotline**

Call 1-800-799-7233 and TTY 1-800-787-3224