

## COVID-19 and Anxiety

### Ways to Cope with Strong Feelings Related to COVID-19

Ohio Department of Health Director Amy Acton, M.D., MPH, strongly offers these recommendations for coping with anxiety related to the COVID-19 outbreak:

- Remember that distress, anxiety, fear, and strong emotions are normal in times of distress or crisis. Remind yourself and others that these feelings will fade.
- Get information from a trusted source, such as [coronavirus.ohio.gov](https://coronavirus.ohio.gov) or by calling the Ohio COVID-19 call center at 1-833-4-ASK-ODH (1-833-427-5634).
  - Learn and follow tips for preparing for and responding to COVID-19.
  - Learn and follow tips on how to prevent COVID-19.
- Avoid excessive exposure to media coverage of COVID-19. It is important to get good information to help you prepare and respond, but don't overwhelm yourself or your family with information.
- Eat nutritious food, exercise, get adequate sleep, stay hydrated, avoid alcohol and drugs, and make time to relax and unwind.
- Incorporate stretching or meditation into your routine. Take deep breaths when feeling overwhelmed.
- Stay connected with friends and family. Discuss your concerns and be supportive of theirs.
- Keep participating in hobbies/activities that do not expose you to close contact with others in confined spaces.
- If you have a mental health condition, continue with your treatment plan and monitor for any new symptoms. Call your healthcare provider with any concerns.
- Recognize signs of distress:
  - Feeling hopeless or helpless.

- Feelings of numbness, disbelief, anxiety or fear.
  - Changes in appetite, energy, and activity levels.
  - Difficulty concentrating.
  - Difficulty sleeping or nightmares and upsetting thoughts and images.
  - Physical reactions, such as headaches, body pains, stomach problems, and skin rashes.
  - Worsening of chronic health problems.
  - Anger or short-temper.
  - Increased use of alcohol, tobacco, or other drugs.
- Call your healthcare provider if your feelings overwhelm you for several days in a row.
  - Reach out for help:
    - Contact the Substance Abuse and Mental Health Services Administration's national **Disaster Distress Helpline** by calling 1-800-985-5990 or texting TalkWithUs to 66746.
    - Reach the **Ohio Crisis Text Line\*** by texting keyword 4HOPE to 741 741.
    - Reach the **Ohio Mental Health and Addiction Services Help Line\*** at 1.877.275.6364
    - **Find a provider** at <https://findtreatment.gov>.

\*These functions will remain operational and staffed.

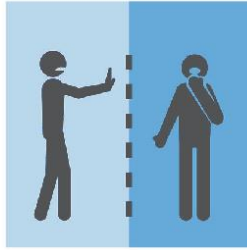
Additional resources on mental health and COVID-19 can be found at [mha.ohio.gov/coronavirus](https://mha.ohio.gov/coronavirus).

For additional COVID-19 information, visit [coronavirus.ohio.gov](https://coronavirus.ohio.gov).

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).



STAY HOME  
WHEN YOU ARE  
SICK



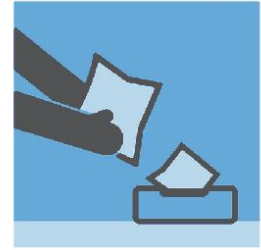
AVOID CONTACT  
WITH PEOPLE  
WHO ARE SICK



GET ADEQUATE SLEEP  
AND EAT WELL-  
BALANCED  
MEALS



WASH HANDS OFTEN  
WITH WATER AND SOAP  
( 20 SECONDS  
OR LONGER)



DRY HANDS WITH  
A CLEAN TOWEL  
OR AIR DRY  
YOUR HANDS



COVER YOUR MOUTH  
WITH A TISSUE OR  
SLEEVE WHEN  
COUGHING OR SNEEZING



AVOID TOUCHING  
YOUR EYES, NOSE,  
OR MOUTH WITH  
UNWASHED HANDS  
OR AFTER  
TOUCHING SURFACES



CLEAN AND DISINFECT  
"HIGH-TOUCH"  
SURFACES OFTEN



CALL BEFORE VISITING  
YOUR DOCTOR



PRACTICE GOOD  
HYGIENE HABITS