

STRESS DURING AN INFECTIOUS DISEASE OUTBREAK:  
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  
PHYSICAL REACTIONS, SUCH AS HEADACHES, BODY PAINS, STOMACH PROBLEMS, AND SKIN RASHES.

**ANGER OR SHORT-TEMPER**

# COVID-19 STRESS

## Support Yourself

Take breaks from watching, reading, or listening to news stories, including social media. Hearing about bad news 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.

Ohio CareLine 1-800-720-9616



Crisis Text Line  
Text "4hope" to 741 741

OhioMHAS Help Line  
1-877-275-6364

Disaster Distress Helpline  
1-800-985-5990  
1-800-846-8517 TTY