

Minimize watching, reading or listening to news that cause you to feel anxious or distressed.

Seek information only from trusted sources and mainly to take practical steps to prepare your plans and protect yourself and loved ones.

#Coronavirus #COVID19



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The sudden and near-constant stream of news reports about an outbreak can cause anyone to feel worried.

Get the FACTS; not the rumors and misinformation. Facts can help to minimize fears.

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Protect yourself and be supportive to others.

For example, check-in by phone on neighbors or people in your community who may need extra assistance.

Working together as one community can help to create solidarity in addressing COVID-19 together.

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COVID-19 has and is likely to affect people from many countries. Do not attach it to any ethnicity or nationality.

Be empathetic to all those who are affected, in and from any country – they deserve our support, compassion and kindness.

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Amplify hopeful stories and positive images of local people who have experienced COVID-19. For example, stories of people who have recovered or who have supported a loved one and are willing to share their experiences.

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**Lear simple daily physical exercises
you can perform at home.**

**This will help to keep you active and
reduce boredom, in case you need to
stay at home.**

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Honor caretakers and healthcare workers supporting people affected with COVID-19 in your community.

Acknowledge the role they play to save lives and keep your loved ones safe.

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Health workers

Feeling under pressure is a likely experience for you and many of your health worker colleagues.

It is quite normal to be feeling this way in the current situation.

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Health workers

Stress and the feelings associated with it are by no means a reflection that you cannot do your job or that you are weak.

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Health workers

Take care of yourself at this time.

Try and use helpful coping strategies such as ensuring sufficient rest and respite during work or between shifts, eat sufficient and healthy food, engage in physical activity and stay in contact with family and friends.

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Health workers

Avoid using unhelpful coping strategies such as tobacco, alcohol or other drugs.

These can worsen your mental and physical wellbeing.

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Health workers

Some may unfortunately experience avoidance by their family or community due to stigma and fear. This can make an already challenging situation far more difficult.

If possible, staying connected with your loved ones including through digital methods is one way to maintain contact.

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Children caretakers

**If your children have concerns,
addressing those together may ease
their anxiety.**

**Children will observe adults'
behaviors and emotions for cues on
how to manage their own emotions
during difficult times.**

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Children caretakers

During times of stress and crisis, it is common for children to seek more attachment and be more demanding on parents.

Discuss the new coronavirus with your children using honest and age-appropriate way.

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Children caretakers

Help children find positive ways to express disturbing feelings such as fear and sadness.

Every child has his/her own way to express emotions.

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Children caretakers

Maintain familiar routines in daily life as much as possible, especially if children must stay at home.

Provide engaging age-appropriate activities for children.

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Children caretakers

Keep children close to their parents and family, if considered safe for the child, and avoid separating children and their caregivers as much as possible.

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Other adults care providers

Older adults, especially in isolation and those with cognitive decline/dementia, may become more anxious, angry, stressed, agitated and withdrawn during the pandemic or while in quarantine.

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Other adults care providers

Share simple facts about what is going on and give clear information about how to reduce risk of infection in words older people with/without cognitive impairment can understand.

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Other adults care providers

Repeat the information whenever necessary.

Instructions need to be communicated in a clear, concise, respectful and patient way.

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People with underlying conditions

If you have an underlying health conditions, make sure to have access to any medications that you are currently using. Activate your social contacts to provide you with assistance, if needed.

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Other adults and people with underlying conditions

**Be prepared and know in advance
where and how to get practical help if
needed, like calling a taxi, having
food delivered and requesting
medical care.**

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**Other adults and people with
underlying conditions**

**Make sure you have up to 2 weeks of
all your regular medicines that you
may require.**

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Other adults and people with underlying conditions

Keep regular routines and schedules as much as possible or help create new ones in a new environment, including regular exercising, cleaning, daily chores, singing, painting or other activities.

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**Team leaders or managers in
health facility**

**Ensure good quality
communication and accurate
information updates are provided
to all staff.**

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**Team leaders or managers in
health facility**

**Keeping all staff protected from
chronic stress and poor mental
health during this response means
that they will have a better
capacity to fulfill their roles.**

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Team leaders or managers in health facility

Rotate workers from high-stress to lower-stress functions.

Partner inexperienced workers with their more experienced colleagues. The buddy system helps to provide support, monitor stress and reinforce safety procedures.

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**Team leaders or managers in
health facility**

**Facilitate access to, and ensure
staff are aware of where they can
access mental health and
psychosocial support services.**

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Team leaders or managers in health facility

Ensure availability of essential, generic, psychotropic medications at all levels of health care.

People living with long-term mental health conditions or epileptic seizures will need uninterrupted access to their medication, and sudden discontinuation should be avoided.

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If you are asked to be in quarantine at home or in another location

If health authorities have recommended limiting your physical social contact to contain the pandemic, you can stay connected via e-mail, social media, video conference and telephone.

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