

FEAR OF CORONAVIRUS TRANSMISSION TO FAMILY MEMBERS

Not everyone respond to stress in the same way :

- 1) If you deal with the COVID-19 calmly and confidently, you can provide the best support for your family.
- 2) Coping with these feelings and getting help when you need it will help you, your family, and your community recover from a disaster

Things you can do to reduce secondary traumatic stress (STS) reactions for your family members:

Responding to COVID-19 can take an emotional toll on you. There are things you can do to reduce secondary traumatic stress (STS) reactions:

- 1) Acknowledge that STS can impact anyone helping families after a traumatic event.
- 2) Learn the symptoms including physical (fatigue, illness) and mental (fear, withdrawal, guilt).
- 3) Allow time for you and your family to recover from responding to the outbreak.
- 4) Create a menu of personal self-care activities that you enjoy, such as spending time with friends and family, exercising, or reading a book.

(Please note that you are required to keep Social distancing means remaining out of places where people meet or gather, avoiding local public transportation (e.g., bus, subway, taxi, rideshare), and maintaining distance (approximately 6 feet or 2 meters)from others)

- 5) Take a break from media coverage of COVID-19
- 6) Spread a sense of hope and positive thinking

Reference:

- CDC

FEAR OF CORONAVIRUS

EVERYONE REACTS DIFFERENTLY TO STRESSFUL SITUATIONS:

Are you worried about your own health status and that of your loved ones who may have been exposed to COVID-19?

It causes:

- 1) Difficulty sleeping or concentrating
- 2) Worsening of chronic health problems
- 3) Increased use of alcohol, tobacco, or other drugs

Coping with these feelings and getting help when you need it will help you, your family, and your community recover from a disaster

EVERYONE REACTS DIFFERENTLY TO STRESSFUL SITUATIONS:

- 1) Avoid excessive exposure to media coverage of COVID-19
- 2) 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
- 3) Make time to unwind and remind yourself that strong feelings will fade:
 - Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly.
 - Try to do some other activities you enjoy to return to your normal life.
- 4) Connect with others. Share your concerns and how you are feeling with a friend or family member.
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- 5) Maintain healthy relationships
- 6) Maintain a sense of hope and positive thinking

Reference:

- CDC