



## Dealing With *Stress* During the Covid-19 Outbreak



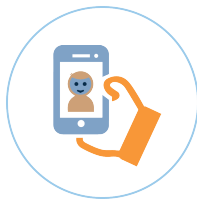
**It's normal to feel sad**, stressed, confused, scared or angry during a crisis.



**Talk to people you can trust.** Contact your friends and family.



**Stay at home**, maintain a healthy lifestyle.



**Keep in touch** with family and friends through email, phone calls and make use of social media platforms.



**Don't use cigarettes, alcohol or other drugs** to cope with your emotions.



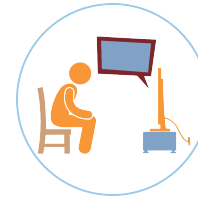
**If you feel overwhelmed**, talk to a health professional, social worker, or a similar professional, or another trusted person in your community.



**Have a plan** where to go and seek help for physical and mental health.



**Get true facts** about your risk and how to take precautions from credible sources.



**Decrease the time** you and your family watch or listen to upsetting media coverage.



**Draw on skills** you have used in the past during difficult times to manage your emotions during the outbreak.