

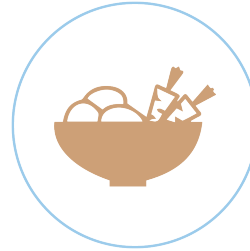


Coping With Stress During the 2019-nCoV Outbreak



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

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

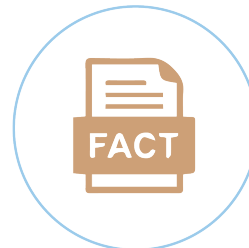


If you must stay at home, maintain a healthy lifestyle – including proper diet, sleep, exercise, and social contact with loved ones at home and by email or phone with other family or friends.



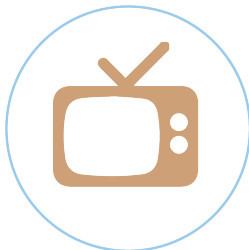
Don't use smoking, alcohol, or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health professional or a counselor. Have a plan, where to go to and how to seek help for physical or mental health needs, if required.

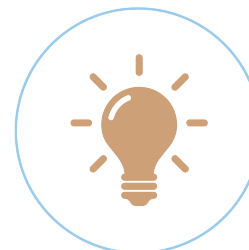


Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions.

Find credible sources you can trust such as WHO website, or a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive are upsetting.



Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.