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For more resources on coping techniques visit the following websites:

<https://www.nih.gov/health-information/emotional-wellness-toolkit>

<https://www.health.harvard.edu/topics/mind-and-mood>

<https://www.apa.org/helpcenter/>



For professional support please consider utilizing the following resources:

- Fleet and Family Support Center
- Marine Corps Community Services
- Military One Source
- Chaplain Services
- Military Mental Health Services
- Tri-Care Partner Providers

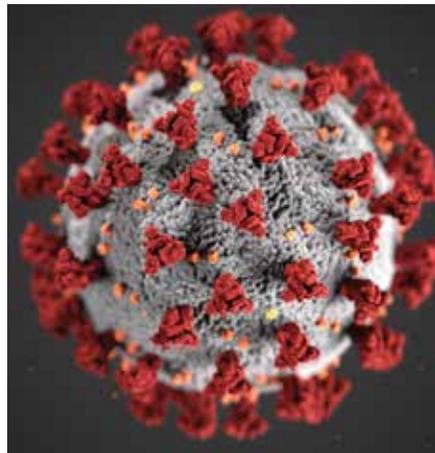
*For questions regarding these resources call:  
MHOOD Clinic M-F 0800-1530 (619) 767-6127*

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For up-to-date information on COVID-19 the following websites are considered verified and reliable information sources:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

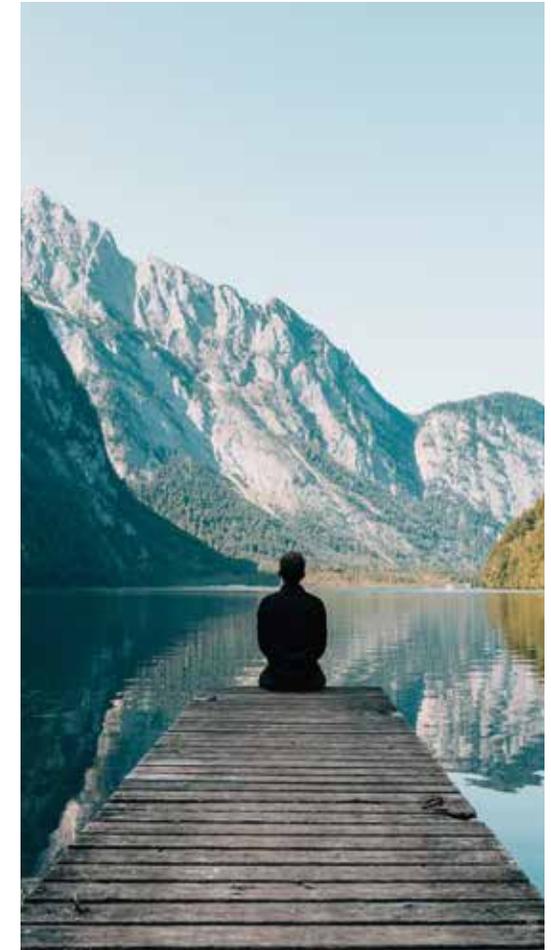
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>



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# Coping through COVID-19

Caring for yourself and others during uncertainty.



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Your HEALTH is our MISSION

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# What is COVID-19?

-The Coronavirus Disease (COVID-19) is a respiratory illness that can spread from person to person.

# What are the symptoms?

-Fever, cough, and shortness of breath

# Who is at risk?

-Individuals with recent travel to areas most affected and those in close contact with travelers from affected regions.

# How can I reduce my risk?

**COVID-19 CORONAVIRUS DISEASE STOP THE SPREAD OF GERMS**

Help prevent the spread of respiratory diseases like COVID-19.

- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick, except to get medical care.
- Wash your hands often with soap and water for at least 20 seconds.

For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

# How do Public Health concerns affect Mental Health?

In the early phases of a new public health risk, misinformation, media coverage, and natural reactions can contribute to feelings of fear, hopelessness, isolation, powerlessness, and at times even a

reduction in support systems due to limited contact and changes in routines. Although these feelings are normal it is important to know how to cope and build resilience as a means of caring for oneself and others through challenging circumstances.



# What can I do to cope with uncertainty?

Often times emotional experiences come with a physical impact. When navigating a particularly stressful circumstance, proactively caring for yourself can be the difference in feeling capable of navigating the difficulty. It is important to:

- Normalize your experience, it is ok to feel a broad range of different emotions.
- Maintain a normal schedule when possible with specific priority on sleep, healthy meals, and exercise.
- Use humor, connect with others, and focus on something practical and within your control that you can do right now.
- Pay attention to periods of worry and engage in positive distraction or use relaxation techniques.

**World Health Organization Coping with stress during the 2019-nCoV outbreak**

- It is normal to feel sad, stressed, confused, scared or angry during a crisis. Talking 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 contacts with loved ones at home and by email and phone with other family and friends.
- Don't use smoking, alcohol or other drugs to deal with your emotions. If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and 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 a credible source 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 as 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.

# Things to Remember:

- Practice what you preach! Modeling healthy behaviors will not only help your own resilience but will encourage your friends, family, and children to do the same. Encouraging others to care for themselves can be a quick way to maintain connection to others while keeping yourself on track as well.
- Stay informed and verify sources. Inaccurate information is a recipe for unnecessary stress. Make sure your informational sources are credible and verified.