While we are familiar with viruses like the common cold and the flu, the coronavirus (COVID-19) is new and presents a situation that none of us could have imagined a few short months ago. The fact that it is extremely contagious has resulted in business closures, social distancing, and quarantine measures which have disrupted our daily lives. It is more important now than ever to pay attention to mental health during this time of isolation and uncertainty.

**Concentrates on the health of your friends and family**
- Keep a healthy diet
- Exercise at home
- Get enough sleep
- Do not smoke or drink alcohol excessively
- Maintain self-care and personal hygiene

**Not being able to connect with friends and family you might have used to**

**Shortage of certain supplies**

**YOUR MIND AND BODY**
- Your house, your bedroom, your closet, your kitchen – now is the time to clean and get organized
- Don’t oversleep your news and information intake
- Get your information from reliable sources like the CDC or WHO
- Watch TV, movies, and videos that make you feel good

**YOUR IMMUNE ENVIRONMENT**
- Keep 2-4 weeks of food on hand
- Avoid overcrowding on supplies that are in high demand so others can have enough of the essentials
- If you take medication, get re/f_ills and keep a month’s supply at home if possible

**WHAT YOU CONSUME**
- Regularly wash your hands for 20 seconds with soap and water or use a hand sanitizer with at least 60% alcohol
- Avoid touching your eyes, nose and mouth
- Avoid greeting people by shaking hands, kissing or hugging
- Keep 6 feet of distance between you and anyone who is coughing or sneezing

**HOW YOU PREPARE**
- Stay home if you are sick aside from getting medical care
- Clean and disinfect frequently touched surfaces

**BREAKTHROUGH ALGORITHMS**
- Trouble with memory, organizing, multi-tasking
- Increased heart rate
- Changes in energy or difficulty sleeping
- Irritability and mood swings

**YOUR HOME ENVIRONMENT**
- Keep 2-4 weeks of food on hand
- Avoid overcrowding on supplies that are in high demand so others can have enough of the essentials
- If you take medication, get re/f_ills and keep a month’s supply at home if possible

**WHEN ANXIETY WON’T LET UP**
If you’re taking steps to manage worry and anxiety during the COVID-19 crisis but they don’t seem to be helping, there are additional resources you can take advantage of:

**Mental Health Screening**
If you are in crisis or or thinking about suicide, get connected to a local crisis center and get in touch with someone immediately.
Call 1-800-273-8255 (TALK) or text "MHA" to 741741.

For more information and resources about COVID-19 and mental health, visit mhanational.org/covid19.

**YOUR CONCERNS ARE VALID**
There are many reasons that you might be concerned or worried about COVID-19. Some of the most common are:

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