



Managing Fears and Anxiety Around Coronavirus

As new information about COVID 19 become known, varying reactions will occur among yourself or your community.

Common Reactions:

- Being anxious, worried, or panicked
- Feeling helpless
- Considering social withdrawal/ isolation
- Difficulty concentrating
- Overly observant of your health and body
- Anger
- Fear of interacting with those who might be from Asia and then feel guilty about these feelings.

How to Manage Concerns, Anxieties, & Fears:

COVID19 is something to be aware of, but do not let the concerns control your life. Public health authorities worldwide and locally are working together to deal with the issue. Learning how to deal with the anxieties and fears will improve your overall well-being.

- **STAY INFORMED.** Find the latest information about the virus from a reputable source like kentpublichealth.org or <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- **STAY POSITIVE.** Do not let media coverage upset you. Limit worrying and take a break from the news.
- **DO NOT MAKE ASSUMPTIONS.** Do not think that all people of Asian descent have the virus. Additionally, an individual who has a cough or fever does not necessarily have coronavirus.
- **STAY HEALTHY.** Remember to wash your hands, cover your mouth and nose when coughing and sneezing, and avoid contact with others who are sick. If you become ill, stay home from work or other social events
- **KEEP CONNECTED.** Maintain friendships and other relationships with those around you. This can be an outlet for support and take your mind off of worrying!
- **SEEK ADDITIONAL HELP.** If you feel very worried and anxious and believe you need professional help, mental health support is available.

Portage County Mental Health and Recovery Board:
<https://www.mental-health-recovery.org/> or (330) 673-1756

Townhall II: 330-678-HELP (4357)

Crisis Text Line: Text *4hope* to 741741