The outbreak of coronavirus/COVID-19 may be a time of high stress for co-workers, friends, family, and community members. While we may have moments of feeling overwhelmed or wondering what we to do next, there are things that each of us can do to reduce anxiety.

### Get the Facts

- Stay up to date at the Virginia Department of Health at [www.vdh.virginia.gov/coronavirus](http://www.vdh.virginia.gov/coronavirus)
- Call the Thomas Jefferson Health District at 434-972-6261 for questions & concerns about the virus in our region.

### Keep Healthy Habits

- Wash hands, use alcohol-based hand sanitizer, avoid touching your face, and limit exposure to crowds.
- Cough/sneeze into your elbow, and if sick, stay home.
- Eat well, get enough sleep, and avoid drugs and alcohol.

### Take Breaks

- Do things that make you feel good such as journaling, exercise, meditation, creating art, or being in nature.
- Limit media exposure, especially for children or when it causes you stress.
- Notice worrisome thoughts and do something like deep breathing or talking with a loved one to interrupt them.

### Have a Plan

- Check out [www.ready.gov/pandemic](http://www.ready.gov/pandemic) for how to stock up on a two-week supply of food, medications, and cleaning supplies.
- Work with others to plan for childcare and know how to care for loved ones who become sick. Remember that most individuals who become sick will be ok, and only a few will require serious medical care.

### Stay Connected

- Talk with family and friends about concerns and fears, and make plans to use phone and digital platforms to connect with older adults or people with underlying health issues.
- If you currently see a therapist, ask about options for phone sessions.