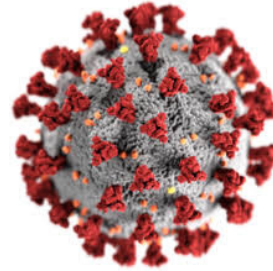


# Managing Fears and Anxiety Around COVID-19

As new information about COVID-19 becomes 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
- Fear of minor
- Anger
- Judge somebody based on their looks, cultural background, or race and assume they are linked to COVID-19



## **How to Manage Concerns, Anxieties, & Fears:**

- **STAY INFORMED.** Find the latest information about the virus from a reputable source like Kent City Health Department or the Ohio Department Health
- **STAY POSITIVE.** Do not let media coverage upset you. Limit worrying and take a break from the news.
- **STAY HEALTHY.** Remember to wash your hands, wipe down high-touch surfaces daily, 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.
- **SEEK ADDITIONAL HELP.** If you feel very worried and anxious and believe you need professional help, mental health support is available via Townhall II at 330-678-HELP (4357) or reach out to the Crisis Text Line by texting "4hope" to 741741.

