

# WAYS TO SUPPORT YOURSELF

Right now, we are dealing with coronavirus or COVID-19, a disease that can spread easily from person to person. Leaders have asked the public to do things to help limit the spread of the disease. These tips explain about social distancing, quarantine, and isolation.



## What is Social Distancing?

Social distancing is a way to keep people from being close to each other and spread an infectious disease.

Many places where many people gather together may close. **Examples are:**

- schools
- churches
- movie theaters and
- sporting events

## What does Quarantine mean?

Quarantine means to keep a person who might spread a contagious disease away from others. It also means that person not go to places where they might make other people sick. If a person has had contact with people who have a contagious disease, they stay away from other people until they are told by their doctor they are no longer contagious.

If you have been near a person with coronavirus, you may be asked to stay home. A person can have coronavirus and not feel sick. It takes a few days to get sick. this virus spreads very easily. You don't want to give it to others.



## What is Isolation?

Isolation keeps a person who is sick with an infectious disease away from other people so they do not spread the disease. The person is kept separate for as long as they may make others sick.

# WAYS TO SUPPORT YOURSELF

The government has the right to enforce federal and state laws related to public health if people in our country get sick with a disease that spreads easily. These tips suggest ways to care for your mental health during this experience.

## Be Your Own Advocate

- Speak out about your needs. If you are in quarantined make sure you tell people what you need. Make sure you have what you need to feel safe, secure, and comfortable.
- Work with family, support staff, or friends to set up groceries and supplies delivered to your home.
- Talk to your doctor or other care provider to make sure you can get your medications.



## Educate Yourself

- Ask questions to help reduce stress about social distancing, quarantine, or isolation.
- Ask for written information when it is available.
- Ask a family member or friend to get information for you if you can't get it on your own.

## Connect with Others

Reaching out to people you trust is a good way to reduce anxiety, depression, loneliness, and boredom during social distancing, quarantine, and isolation.

### You can...

- Use the telephone, email, text messaging and social media to connect with friends, family, and others.
- Talk with friends and loved ones using Skype or FaceTime.
- If it is okay with health authorities (doctors) ask friends and loved ones to bring you newspapers, movies, and books.
- Use the internet, radio and television to keep up with local and national events.



# WAYS TO COPE AND RELAX



Relax your body often by doing things that work for you:

- Take deep breaths
- Stretch
- Meditate or pray
- Do activities you enjoy
- Make art or crafts, use adult coloring books
- Do puzzles, video and computer games
- Take a walk outside, go to a park, walk the dog

Pace yourself between stressful activities – do something fun after a hard task.

Talk about your feelings to loved ones and friends, if that is helpful to you.

Think positive and be hopeful: you might want to keep a journal and write down things that you are grateful for and things that are going well.



**SAMHSA Disaster Distress Helpline:  
1-800-985-5990**

**SAMHSA National Helpline:  
1-800-662-HELP (4357)**

**National Suicide Prevention Line:  
1-800-273-TALK (8255)**

**Idaho Suicide Prevention Line:  
1-208-398-HELP (4357)**



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