

Caring for Yourself and Others During COVID-19

The outbreak of coronavirus disease (COVID-19) may be stressful for many people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults, older adults, and children.

What are common reactions to COVID-19?

- **Concern about protecting yourself and your family members**
- **Concern that medical care or community services may be disrupted**
- **Feeling isolated, sad, or scared**
- **Increased levels of stress**

What can I do to support my loved ones?

Check in with your loved ones often. Virtual communication, as listed below, can help you and your loved ones feel less lonely and isolated. Consider connecting with loved ones by:

- Telephone
- Email
- Mailing letters or cards
- Text messages
- Video chat
- Social media

How can I help keep my loved ones safe?

- **Know what medications your loved one is taking.** Try to help them have a 4-week supply of prescription and over the counter medications. and see if you can help them have extra on hand.
- **Monitor other medical supplies** (oxygen, incontinence, dialysis, wound care) needed and create a back-up plan.
- **Stock up on non-perishable food** (canned foods, dried beans, pasta) to have on hand in your home to minimize trips to stores.
- **Stay home if you are sick.** Do not visit family or friends who are at greater risk for severe illness from COVID-19. Use virtual communication to keep in touch to support your loved one and keep them safe.

Caring for a loved one can take an emotional toll, especially during an outbreak like COVID-19. Remember it's important to take care of yourself too.

Wellness tips advised by the Centers for Disease Control and Prevention (CDC).