

Staying calm during COVID-19

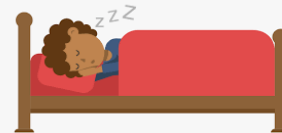


Get information from trustworthy sources

- Get your information from hospital websites and reputable news organizations.
- Remember that about most people who catch COVID-19 have **mild symptoms**.
- Only look at COVID-19 information **once a day**. Do something else afterwards.

Do what you can control to stay healthy

- Stay home
- Stay 6 feet away from others
- Wash hands properly and frequently
- Avoid touching the face
- Eat, sleep, & exercise well; Stay hydrated
- Avoid smoking, vaping, drugs, and alcohol



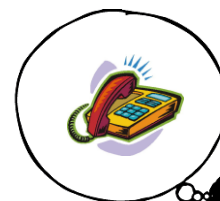
Do something to keep your mind busy

- Visit zoos or aquariums online. We want to see **your photos** for our 10th annual [22q at the Zoo Virtual Worldwide Awareness Day](#) on **May 17th, 2020**.
- Read a book, listen to music, or watch a movie
- Do some crafts or make a healthy snack
- Learn a new language or a new skill online



Write down how you feel and see what you can do about it

- Is your thought true right now? How do I know?
- How did I cope with this before?
- Does worrying about this help me at all?
- Will meditation and breathing techniques relax me?
- Can I talk to a friend who can help me stay positive?



If you need help coping, please contact your healthcare provider.