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.

The mission of the International 22q11.2 Foundation is to improve the quality of life for individuals affected by chromosome 22q11.2 differences through family and professional partnerships. This information is brought to you by the Foundation for educational purposes only. It is not intended to be taken as medical advice. If you have concerns, please talk to your healthcare provider.