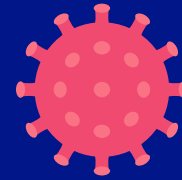


COVID-19 (Coronavirus)



Well-Being During Covid-19 Guidance

For General Public

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. However, learning how to manage stress and get through stressful challenges, will make you, the people you care about, and your community stronger.

Things you can do to support yourself:

- Take care of your body—try to eat healthy, well-balanced meals, exercise regularly, and get plenty of sleep. Avoid alcohol, tobacco, and other drugs.
- Connect with others—share your concerns and feelings with a friend or family member. Maintain healthy relationships and build a strong support system.
- Take breaks—make time to unwind and remind yourself that negative feelings will fade. Try taking in deep breaths. Try to do activities you usually enjoy.
- Stay informed—when you feel you are missing information, you may become more stressed or nervous. Watch, listen to, or read the news for updates from officials. Be aware there may be many rumours running rampant during a crisis, especially on social media. Always check the sources of information and only turn to reliable sources like your local government and public-health authorities.
- Avoid too much exposure to news—take breaks from watching, reading, or listening to news stories. Hearing about the pandemic repeatedly can be upsetting.
- Seek help when needed— if distress impacts activities of your daily life for several days or weeks, talk to a clergy member, counsellor, or doctor.

For Parents

Children and teens react, in part, to what they see from adults around them. When parents and caregivers deal

with COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

There are many things you can do to support your child:

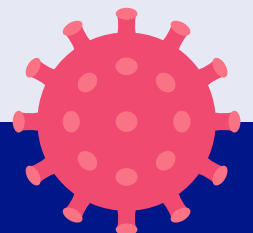
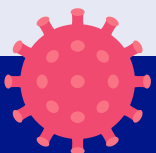
- Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way your child or teen can understand.
- Reassure your child or teen they are safe. Let them know it's okay to feel upset. Share with them how you deal with your own stress so they can learn coping skills from you.
- Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

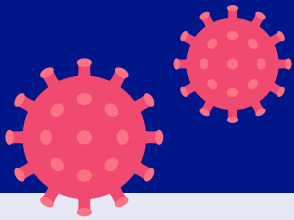
For Health Professionals

For health workers, feeling under pressure likely is a common experience for you and many of your colleagues. It is quite normal to be feeling this way in the current situation. Stress and the feelings associated with it are by no means a reflection that you cannot do your job or that you are weak. Managing your mental health and psycho-social wellbeing during this time is as important as managing your physical health.

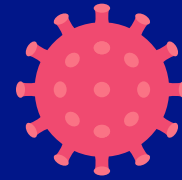
Responding to COVID-19 can take an emotional toll on you. There are things you can do to reduce secondary

**Stay informed on the latest developments about COVID-19 by visiting the
Government of Bermuda's website <https://www.gov.bm/coronavirus>**





COVID-19 (Coronavirus)



traumatic stress (STS) reactions:

- Acknowledge that STS can impact anyone helping families after a traumatic event.
- Learn the symptoms, including physical (fatigue, illness) and mental (fear, withdrawal, guilt).
- Allow time for you and your family to recover from responding to the pandemic.
- Create a menu of personal self-care activities you enjoy, such as spending time with friends and family, exercising, or reading a book.
- Take a break from media coverage of COVID-19.
- Ask for help if you feel overwhelmed or concerned that COVID-19 is affecting your ability to care for your family and patients as well as you did before the outbreak.

For older adults, care providers and people with underlying health conditions:

Older adults, especially those in isolation and with cognitive decline/dementia, may become more anxious, angry, stressed, agitated, and withdrawn during the outbreak/while in quarantine.

Provide practical and emotional support through informal networks (families) and health professionals:

- Share simple facts about what is going on and give clear information about how to reduce risk of infection in words older people with/without cognitive impairment can understand. Repeat the information whenever necessary. Instructions need to be communicated in a clear, concise, respectful and patient way. It may also be helpful for information to be displayed in writing or pictures.
- Engage their family and other support networks in providing information and helping them practise prevention measures (e.g. hand washing, etc).
- If you have an underlying health condition, make sure to have access to any medications you are currently using. Activate your social contacts to provide you

with assistance, if needed.

- Be prepared and know in advance where and how to get practical help if needed, like calling a taxi, having food delivered and requesting medical care. Make sure you have up to two weeks of all your regular medicines you may require
- Learn simple daily physical exercises to perform at home, in quarantine or in isolation to maintain mobility and reduce boredom
- Keep regular routines and schedules as much as possible or help create new ones in a new environment, including regular exercising, cleaning, daily chores, singing, painting or other activities
- Help others, through peer support, neighbour checking, and childcare for medical personnel restricted in hospitals fighting against COVID-19 when safe to do so. Keep regular contact with loved ones (e.g. via phone or other accesses)

For people in isolation/quarantine

- Stay connected and maintain your social networks. Even when isolated, try as much as possible to keep your personal daily routines or create new ones. If health authorities have recommended limiting your physical social contact to contain the outbreak, you can stay connected via e-mail, social media, video conference and telephone.
- During times of stress, pay attention to your own needs and feelings. Engage in healthy activities you enjoy and find relaxing. Exercise regularly, keep regular sleep routines and eat healthy food. Keep things in perspective. Public-health agencies and experts in all countries are working on the outbreak to ensure availability of the best care to those affected.
- A near-constant stream of news reports about an outbreak can cause anyone to feel anxious or distressed. Seek information updates and practical guidance at specific times during the day from health professionals and the WHO website. Avoid listening to or following rumours that make you feel uncomfortable.

Sources: *Center for Disease Control. Accessed electronically March 16, 2020 <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>*

World Health Organization. Accessed electronically March 16, 2020 <https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>

