

## Coping with Stress During Infectious Disease Outbreaks

Sacramento County Behavioral Health Services supports the wellbeing of our County family, friends, and colleagues. When you hear, read, or watch news about an outbreak of an infectious disease, you may feel anxious and show signs of stress—even when the outbreak affects people far from where you live and you are at low or no risk of getting sick. These signs of stress are normal and may be more likely in people with loved ones in parts of the world affected by the outbreak. During an infectious disease outbreak, care for your own physical and mental health and reach out in kindness to those affected by the situation.

### Be Proactive!

1. Stay informed with information from credible sources.
2. Stay connected with friends, family, and community groups.
3. Help others in need by volunteering and donating time and resources to trusted organizations.
4. Keep a positive attitude.

### Resources:

**Mental Health Access Team:** To request mental health services, call Mon. - Fri., 8 am - 5 pm (24/7 for Crisis Calls), at (916) 875-1055, (888) 881-4881, or 711.

**Call Centers:** Feeling anxious, stressed, or need support? Call The Source, 24/7, at (916) 787-7668; or Hope Cooperative, Mon. - Fri., 8 am - 5 pm, at (855) 502-3224.

**The most current updates and materials** on the coronavirus (COVID-19) are posted at [https://dhs.saccounty.net/PUB/Pages/Communicable-Disease-Control/2019-Novel-Coronavirus-\(2019-nCoV\).aspx](https://dhs.saccounty.net/PUB/Pages/Communicable-Disease-Control/2019-Novel-Coronavirus-(2019-nCoV).aspx).

**Questions** specific to the coronavirus (COVID-19) may be directed to [COVID19@saccounty.net](mailto:COVID19@saccounty.net).

## WHAT YOU CAN DO TO HELP COPE WITH EMOTIONAL DISTRESS

### 1. Manage Your Stress

- Stay informed. Refer to credible sources for updates on the local situation.
- Stay focused on your personal strengths.
- Maintain a routine.
- Make time to relax and rest.
- Stay home from school and work if you are sick.

### 2. Be Informed and Inform Your Family

- Become familiar with local medical and mental health resources in your community.
- Avoid sharing unconfirmed news about the infectious disease to avoid creating unnecessary fear and panic.
- Give honest age-appropriate information to children and remember to stay calm; children often feel what you feel.

### 3. Connect with Your Community

- Stay connected with family and friends by phone, text, email, or other virtual ways to connect.
- Accept help from family, friends, co-workers and clergy. Keep in mind general recommendations to prevent the spread of disease.
- Reach out to neighbors and friends with special needs who may need your help, keeping in mind general recommendations to protect health and prevent disease spread.

### 4. Reach Out and Help

- If you know someone affected by the outbreak, call them to see how they are doing, and remember to keep their confidentiality.
- Consider an act of kindness for those who are unable to carry out daily routines, such as having a meal delivered or offering to drop off necessary items at their doorstep.

### 5. Be Sensitive

- Avoid blaming anyone or assuming someone has the disease because of the way they look or where they or their families come from.
- An infectious disease is not connected to any racial or ethnic group; speak up in kindness when you hear false rumors or negative stereotypes that foster racism and xenophobia.

*Consider seeking professional help if you or a loved one is having difficulty coping.*