

PSYCHOLOGICAL COPING DURING A PANDEMIC



Stay Informed - Not overloaded

Use trusted media sources like Alberta Health Services, Public Health Agency of Canada, and the World Health Organization. Limit yourself from engaging with unnecessary stories and gossip

Keep Yourself Healthy

Follow the recommended precautions like washing your hands frequently and social distancing. Living a healthy lifestyle is the best protection against diseases. Eat healthy, get adequate rest, engage in physical activity and drink plenty of fluids.



Manage Your Own Stress

Stress and anxiety about the future is not productive. Keep things in perspective. Have a plan. Limit media consumption. Keep connected with friends and family. Take care of yourself and your loved ones.

Reach Out

Reach out to a friend, family member or mental health professional if you feel like you need help



Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water



Reduce your risk of **coronavirus** infection:



Clean hands with soap & water
or alcohol-based hand rub

Cover nose and mouth when coughing and
sneezing with tissue or flexed elbow



Avoid close contact with anyone with
cold or flu-like symptoms

Thoroughly cook meat and eggs



No unprotected contact with live wild
or farm animals



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Protect others from getting sick

When coughing and sneezing
cover mouth and nose with
flexed elbow or tissue



Throw tissue into closed bin
immediately after use

Clean hands with alcohol-based
hand rub or soap and water
after coughing or sneezing and
when caring for the sick



Protect others from getting sick



Avoid close contact when you are experiencing cough and fever

Avoid spitting in public



If you have fever, cough and difficulty breathing **seek medical care early** and share previous travel history with your health care provider



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WHEN TO USE A MASK

For healthy people wear a mask **only if you are taking care of a person with suspected 2019-nCoV infection**

Wear a mask, **if you are coughing or sneezing**

Masks are effective only when used **in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water**

If you wear a mask then you **must know how to use it and dispose of it properly**



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HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

To remove the mask: **remove it from behind** (do not touch the front of the mask); **discard immediately in a closed bin**; **clean hands** with alcohol-based hand rub or soap and water



Note: A medical mask is not required for people without respiratory symptoms



PAHO

