Stress, Anxiety, and Fear are normal during uncertainty and disruption of normal routines. The outbreak of coronavirus disease 2019 (COVID-19) is one of those disruptions and may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in everyone, especially those at greater risk.

Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, your personal life experiences, and the community you live in. Older people, people with chronic diseases who are at higher risk for COVID-19, and people with mental health conditions including substance use disorders may respond more strongly to the stress associated with the COVID-19 outbreak.

**Common signs and symptoms of a stress response often include but are not limited to:**
- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

**Things you can do to support yourself**
- Limit exposure to the news and social media. Hearing about the pandemic repeatedly can be upsetting and is often a primary source of feeling traumatized. Use only one news source and watch only once per day.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling. Don’t isolate to the point that you neglect your social supports. These supports are very integral to your emotional wellbeing.

**Call your healthcare provider if stress gets in the way of your daily activities for several days in a row. If you are experiencing thoughts of self-harm or suicide please call 911.**