

# COPING WITH CORONAVIRUS

The Coronavirus can be scary because of what we don't know. But what we do know is how to best cope with the stress. Here are some helpful tips from the World Health Organization:

- Talking to people you trust can help. Reach out to your friends and family.
- If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contact.
- Don't use smoking, alcohol or other drugs to deal with your emotions.
- Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.
- Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions.
- If you need any extra help at all, please contact the ADAMHS Board by calling (937) 443-0416 or visiting online at [MCADAMHS.org](http://MCADAMHS.org).

Get the most up-to-date information from the Centers for Disease Control and Prevention website:

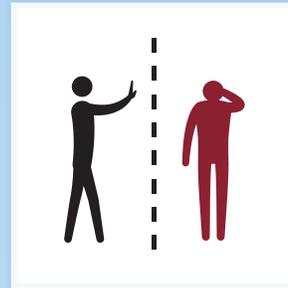
[CDC.GOV/COVID19](http://CDC.GOV/COVID19)

## CORONAVIRUS PREVENTION TIPS

The Ohio Department of Health offers these helpful precautions to protect yourself and others from the spread of Coronavirus.



**Stay home when you are sick**



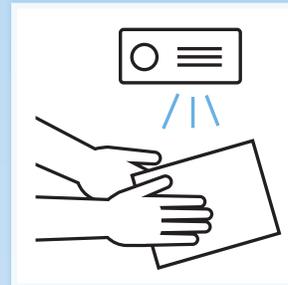
**Avoid contact with people who are sick**



**Get adequate sleep and eat well-balanced meals**



**Wash hands often with water and soap (20 seconds or longer)**



**Dry hands with a clean towel or air dry your hands**



**Cover your mouth with a tissue or sleeve when coughing or sneezing**



**Avoid touching your eyes, nose, or mouth with unwashed hands or after touching surfaces**



**Clean and disinfect "high-touch" surfaces often**



**Call before visiting your doctor**