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The novel coronavirus crisis has left people distressed and their lives markedly and suddenly changed. Here are some things to think about in managing that stress.

Get your information from a trusted source, such as the ISDH website, the CDC, or WHO. Try not to get so much information you become overwhelmed. Don't be afraid to limit your media exposure if it feels it's becoming too much to process.

Take the necessary steps to prevent illness: wash your hands frequently with soap and water or hand sanitizer, mask in public, physically distance yourself, and stay home when ill.

Keep yourself healthy! Eat nutritious foods, exercise, and keep hydrated.

Stay in touch with family and friends. You can use electronic means or a spaced meal in your backyard with just a few people. Talk to them, and listen to them as well! You can validate each other's feelings and concerns.

Keep participating in your activities and hobbies as much as possible.

Recognize signs of distress in yourself and others, and reach out if needed. Look for sleeping too much or too little, eating too much or too little, or fighting with family and friends. Any behavior that is out of the ordinary may be a sign of too much stress.

If you need to reach for help, check the bewellindiana.org site for information, crises numbers to call, and a mental health self-assessment. You can also call the National Disaster Distress Hotline at 1-800-985-5990 (press 2 for Spanish speakers). This number, sponsored by Substance Abuse and Mental Health Services Administration (SAMHSA), provides immediate crises counseling. Or text **CONNECT to 741741**.

Don't be afraid to ask for help for ANY illness; Covid-19 anxiety can make any illness worse if not monitored and treated. Mental illnesses and addiction can cause as much debility as heart disease!

Don't let constant worry about the SARS-CoV-2 virus keep you down. Together we will get through this!

Improving the Lives, Health and Environment of our Community



Public Health
Prevent. Promote. Protect.