

# Self-Care

## In a Covid-19 World



With the recent emergence of the Covid-19 pandemic, the **Centers for Disease Control and Prevention (CDC)** and **World Health Organization (WHO)** have offered guidelines to minimize the spread of this extremely infectious virus. You may feel scared when you hear unfamiliar terms recommended to you such as quarantine or social distancing. Please understand that while these feelings of fear are normal, you should try to avoid panic. Continue complying with the recommended isolation precautions, along with other basic measures such as:

- Washing your hands often and using hand sanitizer
- Sneezing/coughing into your elbow or a tissue
- Avoiding touching your eyes, nose, or mouth
- Cleaning and sanitizing surfaces
- Staying home if sick and keeping away from others who may be sick

In this time of uncertainty, we here at View Point Health want to ensure you have access to the most helpful resources available. If you find that you are struggling with feelings of worry or anxiety, please consider engaging in self-care or other healthy behaviors which will help mitigate the distress you may be feeling. Some self-care tips to consider:

- Exercise
- Stick to normal routines as much as possible
- Eat healthy foods
- Enjoy hobbies or other calming activities like reading, playing board/video games or watching movies with your family, listening to music, etc
- Do deep breathing exercises, meditate, or pray
- Begin a journal
- Use Skype, FaceTime, or other video conferencing technology to check-in with family and friends

If the above self-care tips are not helpful, you may need additional assistance. Overwhelming sadness or anxiety, intense anger or extreme stress/irritability, eating or sleeping too much or too little, inability to normally function, among others, may be signs that you should reach out for help. Individuals served may contact their View Point Health Provider and ask about remote assessments via Zoom. Suicidal thoughts should be reported to the **Georgia Crisis & Access Line (GCAL)** or the **National Suicide Prevention Hotline** right away - these resources are available to you 24/7. **In the event of a medical or psychological emergency, please call 911.**

In addition to the above tips, educating yourself is a good place to start combating any fear you may be experiencing. Visit the **CDC** and **WHO** websites, or other reputable informational sources, for more information.

We understand this is a challenging time for all of us. Please know that the measures you take will help bring this pandemic to an end.

*We can all get through this together... We believe in recovery!*

## Resources:

### **View Point Health**

175 Gwinnett Drive  
Lawrenceville, GA 30046  
[myviewpointhealth.org](http://myviewpointhealth.org)  
(678)209-2411

### **Georgia Crisis & Access Line (GCAL)**

1-800-715-4225

### **National Suicide Prevention Hotline**

1-800-273 TALK (8255)

### **MentalHealth.gov**

### **National Alliance on Mental Illness**

[nami.org](http://nami.org)

### **Georgia Department of Public Health**

Covid-19 hotline 844-442-2681  
[dph.georgia.gov](http://dph.georgia.gov)

### **State of Georgia**

[georgia.gov](http://georgia.gov)

### **Centers for Disease Control and Prevention (CDC)**

[cdc.gov](http://cdc.gov)

### **World Health Organization (WHO)**

[who.int](http://who.int)

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