

# BEHAVIORAL HEALTH 101

## TIPS FOR SOCIAL DISTANCING, QUARANTINE, AND ISOLATION DURING AN INFECTIOUS DISEASE OUTBREAK

**Social distancing** slows the spread of an infectious disease, like COVID-19, by increasing the physical space between people. Some methods include canceling events with large crowds, conducting meetings and classes online, and working remotely.

**Quarantine** involves restricting the movements of people who may have been exposed to an infectious disease or may be more vulnerable to the disease. Self-quarantining can include washing your hands regularly, staying home, and maintaining a safe distance from members of your household.

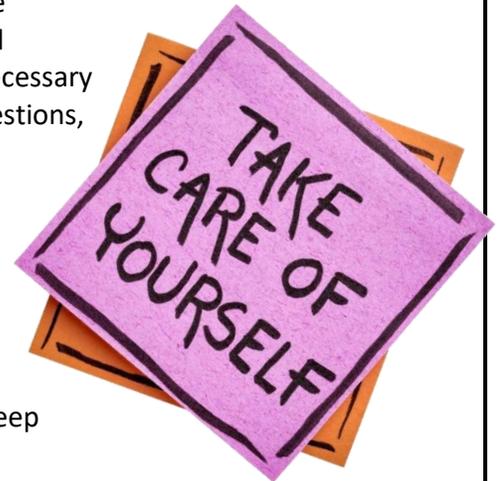
**Isolation** is separating people with an infectious illness from those who do not have the disease until they are no longer contagious.

Everyone reacts to stress differently. An infectious disease outbreak can result in a range of stress responses:

- Anxiety, worry, or hypervigilance
- Depressive symptoms
- Uncertainty
- Fear of the future
- Increased substance use
- Frustration or anger
- Loneliness or boredom
- Guilt
- Sleep or eating issues

### Tips for Managing Stress Related to the COVID-19 Outbreak

- ✓ Stay updated and informed but limit your exposure to media coverage
- ✓ Make sure you have what you need at home to feel safe and prepared
- ✓ Arrange for groceries or necessities to be delivered to your home if necessary
- ✓ Clearly communicate your needs to your health care provider, ask questions, and request remote appointments as needed
- ✓ Regularly connect to family and friends through technology
- ✓ Avoid using substances to cope with your feelings
- ✓ Maintain a daily routine
- ✓ Develop self-care strategies:
  - Deep-breathing, meditation, mindfulness, or yoga
  - Continue engaging in activities you enjoy
  - Maintain a healthy lifestyle through your diet, exercise, and sleep
  - Seek support from others and talk about your feelings



### William & Mary Counseling Center

Available for case management, crisis services, and brief consultations via phone | (757) 221-3620

**National Suicide Hotline** | 1-800-273-TALK (8255)