

# Tips for Navigating a Public Health Emergency



## Communication:

- Keep the communications open between you and people important to you.
- Listen for their concerns and respond with appropriate level of care
- Check in frequently and ask questions

## Your Mental Well-Being:

- Stay informed from reliable sources such as the Centers for Disease Control and Prevention (CDC)
- Isolation can magnify a sense of aloneness or depression
- Limit media exposure so you don't get overwhelmed
- Take care of yourself and your loved ones
- Recognize stress symptoms:
  - Behaviors may:
    - Increase or decrease in energy
    - Increase of tobacco or alcohol use
    - Difficulty sleeping
    - Frequent crying
    - Difficulty communicating or listening
  - Body may experience:
    - Physical pains such as headaches
    - General aches or muscle tensions
    - Increase or decrease in appetite
  - Your emotions could be:
    - Anxious or fearful
    - Feeling depressed
    - Feeling guilty or angry
    - Wanting to be alone
    - Feeling hopeless and alone
    - An overwhelming feeling of sadness
  - Your thinking may change:
    - Having trouble remembering things
    - Feeling confused
    - Having difficulty making decisions
    - Loosing track of time or day

## What You Should Know

*The threat of illness by COVID19 can be experienced by some, as a traumatic event. Be aware of how it might personally affect you and/or your loved ones. People show signs of stress in different ways at different times sometimes after an event. This is normal. Over time, as your life gets back to normal, signs of stress should decrease. Know the signs of stress in yourself and your loved ones. Know healthy ways to relieve stress. And know when to get help.*

A yellow-bordered box containing contact information for the ICARE Call Center. On the left, there is a graphic with "24" in a blue circle and "7" in a red circle, representing 24/7 service. Next to it is a smartphone icon with the word "Hello" on the screen. To the right of the graphic, the text reads: "ICARE Call Center", "call or text", "local (817)335-3022", "toll free (800)866-2465", and "tty (817)569-4488".



- Healthy Ways to Relax:
  - Relaxing can be simple things for little stressors or using large muscle groups for big stressors your body often by doing the things that work for you:
    - take deep breaths
    - stretch
    - meditate
    - go for a walk or a run
    - do something as simple as washing your face and hands
  - Pace yourself between stressful activities and do a fun thing after a hard task
  - Take time off to relax:
    - eat a good meal
    - read
    - listen to music
    - take a bath
    - talk to family
  - Talk about your feelings to loved ones and friends

### Your Physical Well-Being:

- If you feel sick, stay home and contact your medical provider
- If your children are sick, keep them at home and contact their medical provider
- If you are a person with a serious underlying health condition which increases your risk for COVID-19, stay at home and away from other people
- Eat healthy foods and drink plenty of water
- Get enough sleep
- Get physical exercise
- For food and other resources, use drive-thru, pickup, or delivery options when available
- Disinfect frequently

### Resources:

[Help Me Grow North Texas](#) Resources for families with small children

[www.mystrength.com](http://www.mystrength.com) (Use access code: TarrantCommunity)

[Tips for managing stress](#) Texas Health and Human Services

[National Parent Helpline](#) National Parent Helpline 1-855-4 A Parent 1-855-427-2736

[Traumatic Incident Stress](#) CDC National Institute for Occupational Safety and Health- NIOSH

[Tarrant County Public Health](#) Tarrant County Public Health

[Corona Virus Disease 2019](#) Centers for Disease Control and Prevention

### What Is Social Distancing?

Social distancing is a way to keep people from interacting closely or frequently enough to spread an infectious disease. Schools and other gathering places such as movie theaters may close, and sports events and religious services may be cancelled.

### What Is Quarantine?

Quarantine separates and restricts the movement of people who have been exposed to a contagious disease to see if they become sick. It lasts long enough to ensure the person has not contracted an infectious disease.

### What Is Isolation?

Isolation prevents the spread of an infectious disease by separating people who are sick from those who are not. It lasts as long as the disease is contagious.