



## What to Know About Novel Coronavirus (COVID-19)

### Facts not fear:

It's important to protect yourself and your community against all viruses, including COVID-19 by frequently washing your hands for 20 seconds, staying home when you are sick, and covering coughs and sneezes with a tissue or your elbow/upper arm. Practice social distancing by staying out of crowds and avoiding public spaces to reduce to spread of germs.

### Stay calm:

It's important to not pass along or spread misinformation. Recognize when other people's fears and anxieties are influencing your own emotional or mental health. Take a deep breath and reach out to your support system.

### Keep up-to-date:

For topics that cause significant anxiety, people find themselves better able to cope if they feel knowledgeable about the topic. Use trusted resources, such as the [Centers for Disease Control and Prevention \(CDC\)](#) and the [Iowa Department of Public Health \(IDPH\)](#).

### Unplug:

Information, real or fake, is a constant in today's society. It is important to have the facts and stay up-to-date, but when information creates a barrier to daily functioning, it can increase fear and anxiety. Be aware of how plugged in you are and to what you are exposing yourself.

### Practice Selfcare and Stick to a Routine:

Selfcare practices are personal and could include reading a book or playing a board game with family, walking the dog, tidying a room in your home, or cooking a meal for loved ones. During stressful times, try to stick to a routine to maintain a sense of normalcy and manage stress in your life. Wake up and eat meals on time, and get dressed even if you are staying at home.

### When do you need help?

When symptoms associated with your anxiety have affected your ability to function in some part of your life, it is time to reach out. Reach out to your healthcare provider and discuss your concerns.

If you or a loved one are facing problems with alcohol, drugs, gambling, mental health or suicidal thoughts, contact **Your Life Iowa** by live chat, text (855-895-8398) or phone (855-581-8111).

For more information about caring for yourself and your community during the Novel Coronavirus Pandemic (COVID-19) contact your local **County Social Services** office or 855-266-1257 for assistance.

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#### SERVING COUNTIES IN NORTH CENTRAL IOWA

Allamakee County	Clayton County	Hancock County	Mitchell County	Winnebago County
Black Hawk County	Fayette County	Howard County	Pocahontas County	Winneshiek County
Butler County	Floyd County	Humboldt County	Tama County	Worth County
Cerro Gordo County	Grundy County	Kossuth County	Webster County	Wright County
Chickasaw County				