

Get Reliable Information



When you face uncertainty during COVID-19 pandemic, it is important to keep things in perspective. Get information you can trust from the Kane County Health Department's website at

<http://www.kanehealth.com>

It has in-depth information on health practices you can use to help prevent COVID-19 from spreading. You can also call the health department at 630-208-3801.

For some people, the symptoms and disturbing reactions to COVID-19 pandemic do not go away. This can lead to withdrawing from friends and family, or avoiding activities that are empowering. Consider seeking help if important areas of your life, such as relationships, work, or school, are being affected.

Where to Go For Help

People considering professional support should select someone who is knowledgeable about the stress of a pandemic event. For more information on resources in Kane County or if you are in a crisis, please call:

Northern Kane County Crisis Line : 847-697-2380
Southern Kane County Crisis Line: 630-966-9393

Working Together

"More than anything else, we want everyone in the Kane County community to know that there are support systems available to assist them in the event of COVID-19 pandemic. We believe that by working together, our agencies and the community are prepared to deal with any emergency."

Kane County Health Department



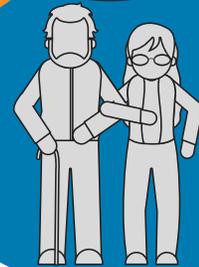
CONTACT US

630-208-3801

@KaneHealth

@KaneCoHealth

www.kanehealth.com



EMOTIONAL WELL-BEING DURING COVID-19 PANDEMIC

STAY CALM.
HAVE A PLAN.



MAINTAIN A POSITIVE OUTLOOK

- Limit your exposure to graphic news stories
- Get accurate, timely information from reliable sources
- Focus on positive things. Structure fun and/or absorbing activities into your day, such as exercise, reading, writing, organizing... and calling your friends.
- Maintain your normal daily routine, if possible
- Exercise, eat well and rest
- Find comfort in your spiritual and personal beliefs
- Keep a sense of humor
- Share your concerns with others

What Might Happen

When there is pandemic, measures like these can slow the spreading:

Large gatherings may be cancelled, schools dismissed and business hours may be shortened.

Workers may stay at home and use computers and telephones to continue their jobs.

People with the virus, and their family, may be asked to stay home.

You may need to reorganize your life to care for loved ones or to receive care.

You may lose income if your workplace closes or you become ill.

School closures can result in the need for home-schooling or other activities for homebound children.

Access to food and other household goods may become limited.

Psychological First Aid

Through family emergency planning, staying calm, and focusing on the well-being of others in the community, you can be confident normalcy will return to your life. Here are additional tips for managing the stress brought on by COVID-19 pandemic:

Children

- Involve the child in preparation of the family emergency kit
- Provide predictable bedtime routines
- Avoid unnecessary separations
- Monitor media exposure to disaster trauma
- Encourage expression through play activities
- Give additional attention and consideration
- Provide structured but undemanding home chores and activities
- Encourage verbal and play expression of thoughts and feelings
- Encourage expression regarding losses

Teens

- Encourage discussion of their pandemic experiences with peers and adults
- Avoid insistence on discussion of feelings with parents
- Encourage indoor physical activities
- Rehearse family safety measures
- Encourage communication with friends via phone, email, and text messaging

Older Adults

- Provide listening and an opportunity to talk in detail about pandemic experiences
- Assist with prioritizing and problem solving
- Provide information on pandemic stress and coping
- Provide orienting info.
- Assist in re-establishing social contacts
- Encourage discussion of pandemic losses and expression of emotions
- Engage providers of transportation, meal programs, and home visits as needed

Most Important: You

During and after COVID-19 pandemic, your normal routines will be altered. Do your best to adjust and move on. It is important to maintain structure in your life. It is also important to pay attention to your own feelings and to take care of your own emotional needs. You are then better able to help friends and family members handle their concerns.

4 AREAS OF PERSONAL WELL-BEING THAT CAN BE AFFECTED

Listed here are normal reactions to the abnormal situation of COVID-19 pandemic. Your awareness of them will increase your ability to cope.

Physical

When under stress over time, our bodies react. Be alert to whether these symptoms have changed noticeably from the way you felt before. Be sure to see a doctor about any significant changes as many stress reactions mimic major physical disorders and diseases.

▶ Headaches, tiredness, increased pulse, high blood pressure, changes in appetite, unexplained aches or pains, trouble sleeping, sleeping too much, stomach aches.

Emotional

Often our emotional reactions are the most confusing. We may laugh unexpectedly or yell in anger. We may feel irritable and grumpy. We also may feel intense fear or have unexplained sadness and crying. Always remember that all emotions are normal.

▶ Panic, anxiety, distrust, fear, anger, irritability, sadness, depression, blame, feeling overwhelmed, increased stress.

Mental

The stress of COVID-19 pandemic may affect your ability to think clearly, and make it harder to pay attention, solve problems or remember. It does not mean that you are “crazy” or “losing your mind.” These are normal reactions in times of high stress. They are signals to you to take action and care for yourself.

▶ Trouble concentrating, problems at work or school.

Behavioral

Some people burn “anxious energy” by pacing, fidgeting and other nervous habits. But some behaviors triggered by stressful events need to be stopped as they tend to make the situation worse. These things include increased smoking and drinking, blaming others, yelling, swearing, hitting and throwing things. Unfortunately, it is often the people that we love the most are the targets of these behaviors. If others are in danger due to your stress reactions, please seek professional help.

▶ Withdrawal, substance abuse, aggression .