

# Coping with Stress and Fear from COVID-19



## Take care of your body.

- Eat healthy, well-balanced meals
- Exercise regularly
- Get plenty of sleep
- Take deep breaths, stretch, or meditate

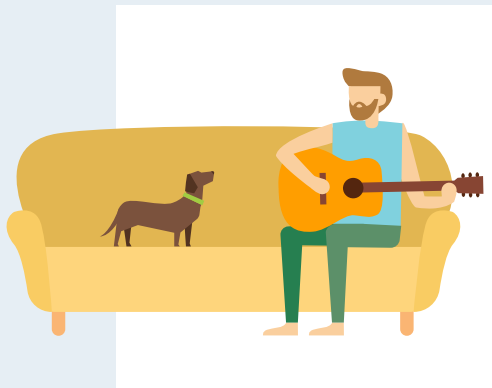


## Virtually connect with others.

Talk with people you trust about your concerns and how you are feeling.



Take breaks from watching, reading, or listening to news stories, including social media.



## Make time to unwind.

Try to do some other activities you enjoy.

Help is available:  
Visit [Mass.gov/COVID19](https://www.mass.gov/COVID19) or Call **2-1-1**



# YOU have the power to prevent COVID-19

YOU can protect our most vulnerable!



## Practice SOCIAL DISTANCING



**Go digital:** keep up with friends and family online.

**Stay home** as much as you can.



6'

**If you have to go out:**

- Don't hang out in groups
- Stay 6 feet away from others
- Don't shake hands or hug
- Don't share food or drinks



And don't forget to **wash your hands.** A LOT.

# Stop the Spread of Germs

Help prevent the spread of respiratory diseases like the flu and COVID-19:



**Wash your hands often** with soap and warm water, or use an alcohol-based hand sanitizer.



**Avoid touching** your eyes, nose and mouth.



**Clean things that are frequently touched** (like doorknobs and countertops) with household cleaning spray or wipes.



**Cover your mouth** when you cough or sneeze. Use a tissue or your inner elbow, not your hands.



**Stay home if you are sick** and avoid close contact with others.



**Think ahead** about how to take care of yourself and your loved ones. Visit [mass.gov/KnowPlanPrepare](https://www.mass.gov/KnowPlanPrepare) for preparedness tips.