



**Public Health**  
Prevent. Promote. Protect.  
Ontario County, NY

## Ontario County Public Health

# COVID-19:

# Staying Mentally Healthy

### **Could social distancing affect my mental health?**

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. Everyone reacts differently to stressful situations.

### **What types of feelings should I expect during this time?**

Anxiety, worry, or fear related to your health or your families health or your finances are common. Uncertainty, loneliness, frustration, boredom even anger are all normal feelings during these stressful times.

Visit the link to learn more: <https://store.samhsa.gov/system/files/sma14-4894.pdf>

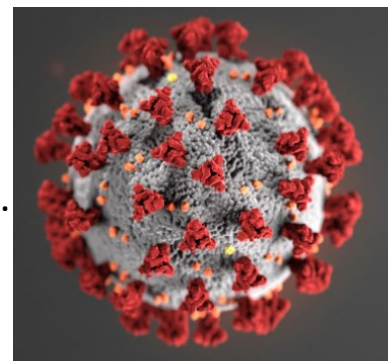
### **What feelings should I watch for?**

A desire to use alcohol or drugs to cope. Symptoms of depression, such as feelings of hopelessness, changes in appetite, or sleeping too little or too much. Symptoms of post-traumatic stress disorder (PTSD), such as intrusive distressing memories, flashbacks (reliving the event), nightmares, changes in thoughts and mood, and being easily startled.

National Suicide hotline: 800-273-TALK (8255)

### **How can I help?**

Stay home. Stay healthy by eating healthy food, wash your hands frequently, keep your normal sleep routine. Stay informed. Visit trusted websites like the CDC and NYSDOH. Stay in contact with others via social media and telephone.



### **Get the facts!**

For updates on the coronavirus, visit the CDC:

<https://www.cdc.gov/coronavirus/2019-ncov/>

**For general COVID-19 questions call: 1-888-364-3065**

**Ontario County Public call: 585-396-4343**