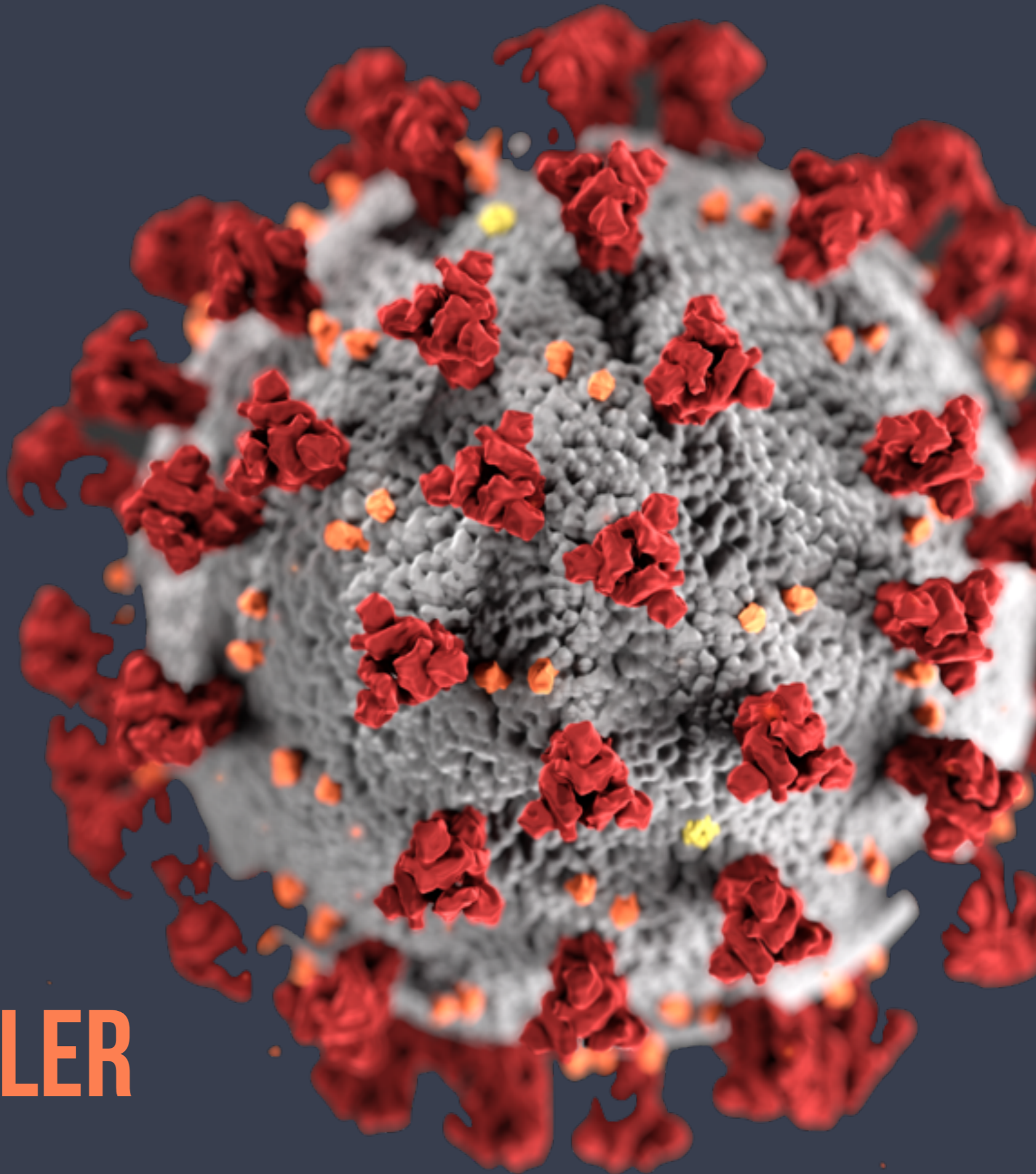


# HOW TO STAY CALM DURING THE CORONAVIRUS PANDEMIC (COVID-19)

**DR. JON CHANDLER**



First, let's all take a long,

# DEEP BREATH

- We are in this together.
- It is okay to feel overwhelmed, scared, stressed, or anxious.
- Try to think of it as the universe's way of slowing us down.
- Life, as we know it, will change. Changes are not always bad. Here are some interesting predictions.

I don't know about you, but the amount of information flooding my inbox is overwhelming. Don't get sucked into the hype, or conspiracy theories! To help, I devised a list of the ONLY sources of **scientific, evidence-based facts** about the 2019 Coronavirus (COVID-19):

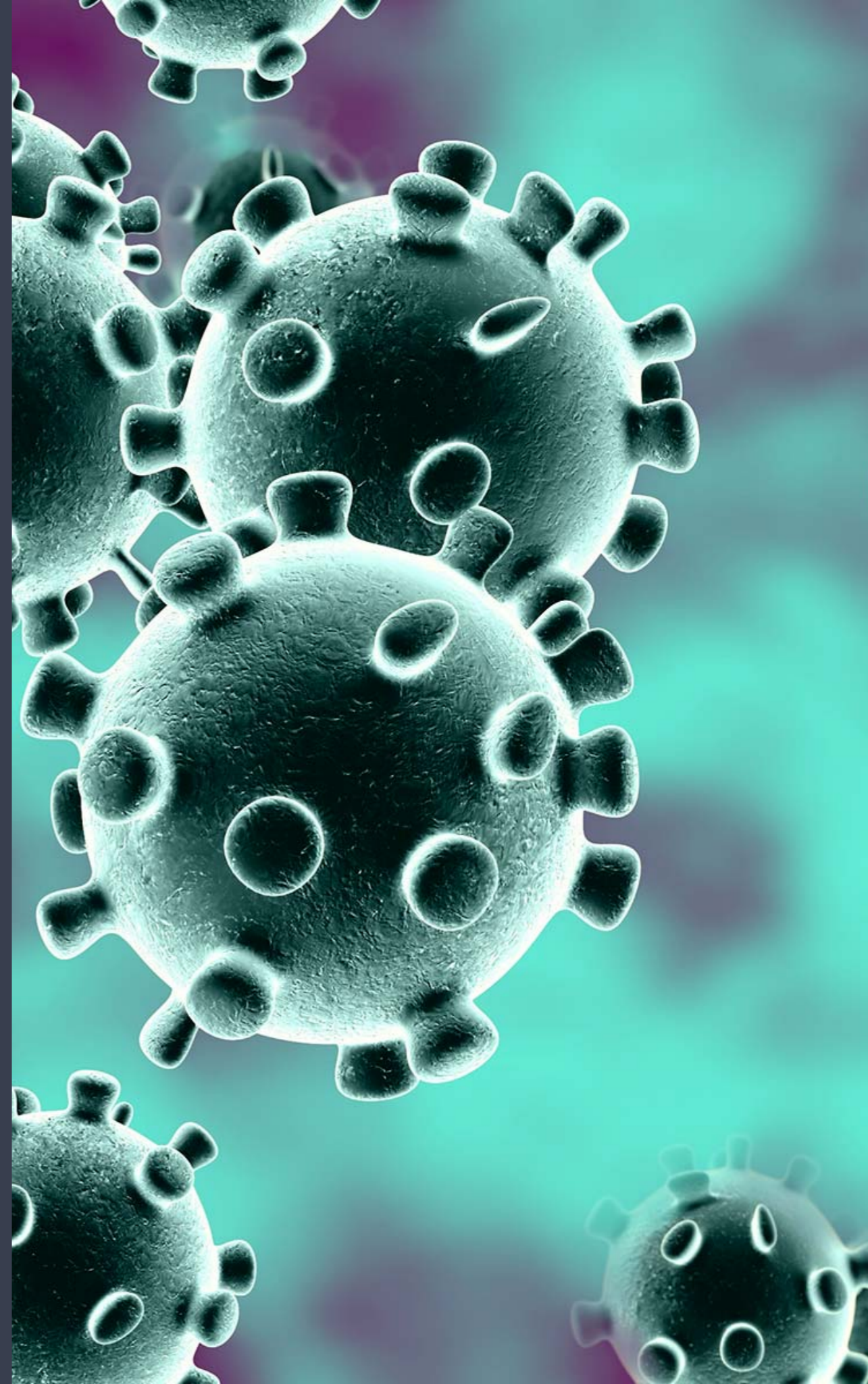
- Centers for Disease Control and Prevention (CDC)
  - Literally, the authority on all things COVID-19.
- World Health Organization (WHO)
  - Provides rolling updates of COVID-19.
- National Institutes for Health (NIH)
  - Resources and information about COVID-19.
- Louisiana Department of Health (LDH)
  - Information on how this pandemic is impacting our state. Guidance, suggestions, and orders regarding COVID-19.



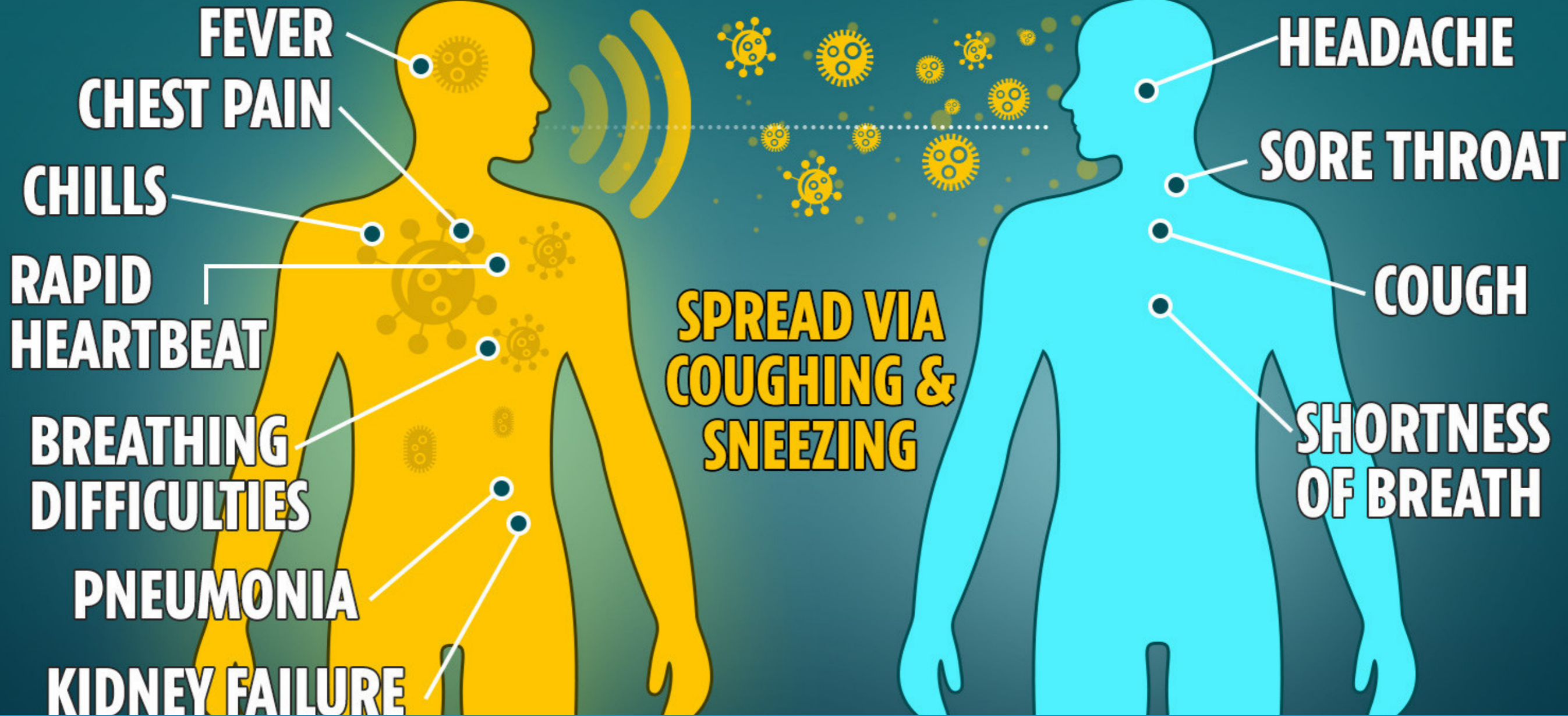
# WE ARE RESILIENT

Been there, done that. Now get your tee-shirt because **'Rona ain't got nothing on Katrina.**

In fact, Coronaviruses are not new, and they all “sport spiky projections on their outer surfaces that resemble the points of a crown, or “corona” in Latin, according to the [Centers for Disease Control and Prevention](#) (CDC).” Scientists believe this strain is particularly “spiky” and invasive. Which is why we must take this seriously. Even if you do not have any symptoms, you could expose more vulnerable people. Do the right thing. Stay in, as ordered by our state and local officials. I’m all about a good “rage against the machine” moment but *this* is not the time. To do your part, read on...







Disinfect surfaces around your home and work.



Wash your hands for at least 20 seconds.



Sneeze or cough? Cover your mouth.

Coronavirus Disease 2019 (COVID-19)  
Here's what you need to know.



# DO THE FIVE

Help stop coronavirus

- 1 HANDS** Wash them often
- 2 ELBOW** Cough into it
- 3 FACE** Don't touch it
- 4 SPACE** Keep safe distance
- 5 HOME** Stay if you can



# Reduce your risk of coronavirus infection



Clean hands with soap and water or alcohol-based hand rub



Cover nose and mouth with tissues or inside of elbow when coughing or sneezing



Avoid close contact with anyone with cold or flu-like symptoms



Thoroughly cook meat and eggs



Avoid unprotected contact with live wild or farm animals



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# Helping children cope with stress during the 2019-nCoV outbreak



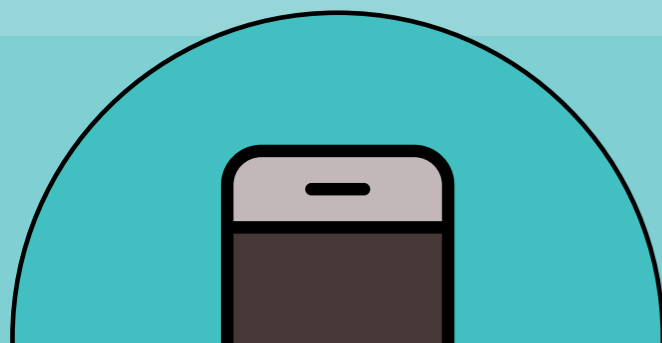
Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

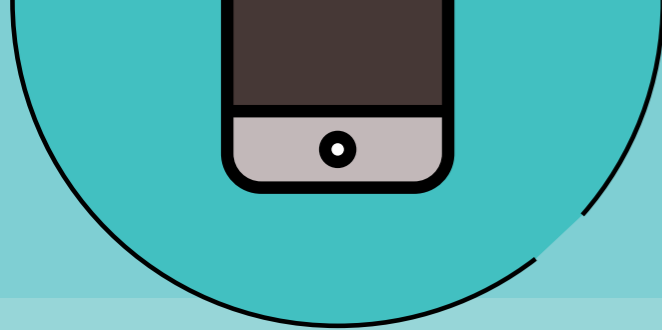
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the





extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).



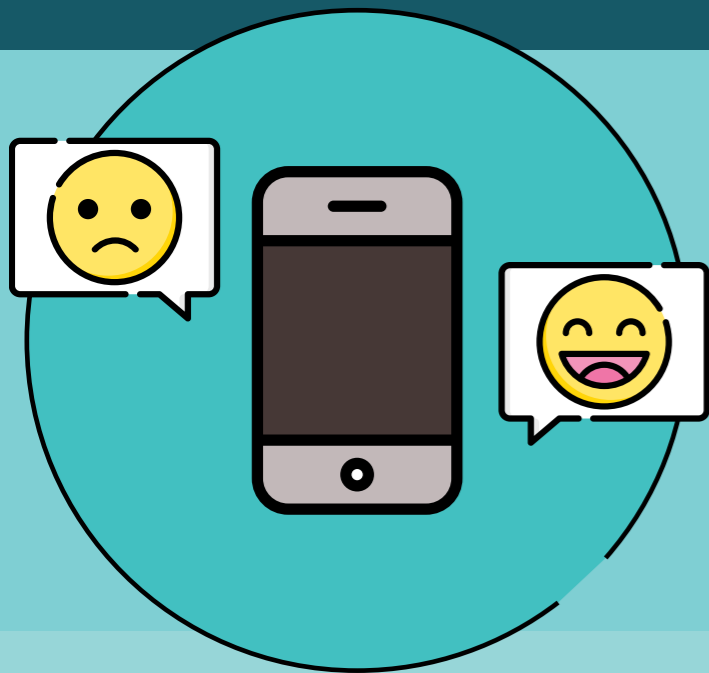
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Helping children cope with stress  
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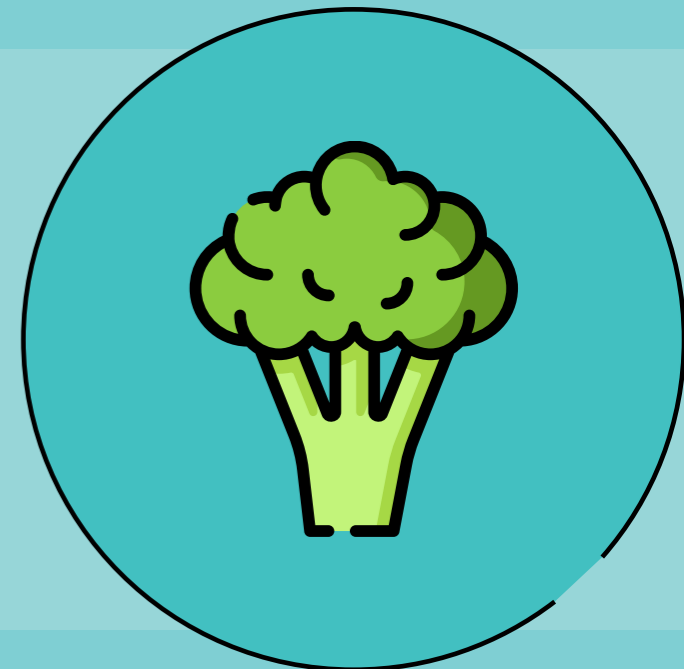
# Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

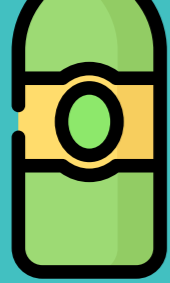
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek





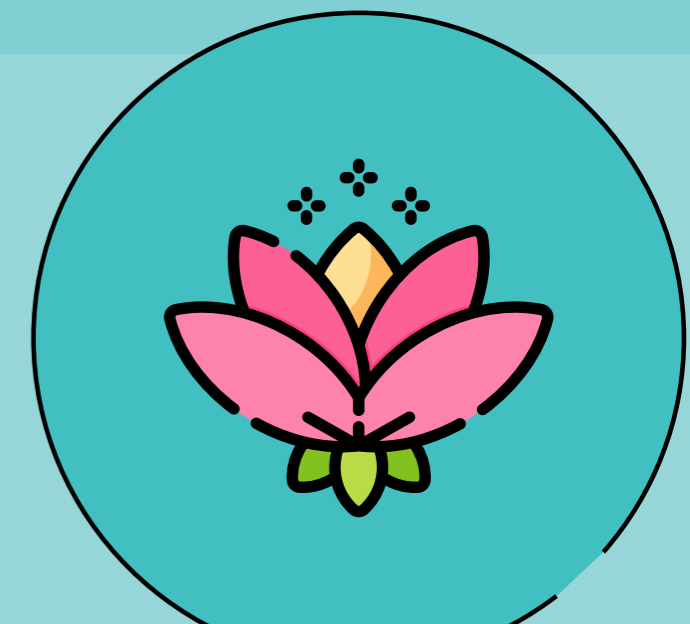
If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



# COVID-19 RESOURCES

[NOLA Ready](#)

[Unemployment, Medicaid, SNAP, HomeOwner, Food Banks](#)

[U.S. Small Business Administration](#)

[Families Helping Families](#)

[Artists/Community](#)

[Louisiana Department of Health & Mental/Behavioral Health](#)

[Governor John Bel Edwards & Mayor LaToya Cantrell](#)

[Department of Education](#)

[Kids' Free Educational Apps](#)

[Technology, Economic, & Workforce](#)

[List of other freebies](#)



# STUFF TO DO ON LOCKDOWN

**Download** these mostly FREE apps so you can:

1-**Get buff:** Nike, CARROT, Down Dog (yoga), Centr, & more!

2-**Watch some TV:** Hulu, SlingTV, PlexTV but not all day!

3-**Read:** Apple's free Collection, Vividbooks

4-**Learn:** a language, Piano, to Sing, and more.

5-**Video chat** w/friends & family: RingCentral, Caribou, Zoom, Rave

6-**Practice self-care:** HeadSpace iOS (for Healthcare) Android, Meditate, Mass General's Resources, Aura app, Moodpath

7-**Journal:** writing about worries/fears can reduce their power.

8-**Schedule/Check** your appointments w/Dr. Jon Chandler.