

We Are Here For You

Call either of the hotlines below
to talk to someone today.

MON-FRI 8AM TO 5PM

Nebraska Rural Response Hotline
1-800-464-0258

24 HOURS A DAY / 7 DAYS A WEEK

Nebraska Family Helpline
1-888-866-8660

THE NEBRASKA STRONG RECOVERY PROJECT
IS FREE AND ANONYMOUS



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Coping During an Infectious Disease Outbreak



FREE & CONFIDENTIAL

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Tips During an Infectious Disease Outbreak

WHAT TO EXPECT

Everyone reacts differently to stressful situations such as an infectious disease outbreak that requires social distancing, quarantine, or isolation.

People May Feel:

- Anxiety, worry, or fear related to:
 - Your own health status or that of others.
 - The resentment that your friends and family may feel if they need to go into quarantine as a result of contact with you.
 - The experience of monitoring yourself, or being monitored by others for signs and symptoms of the disease.
 - Time taken off from work and the potential loss of income and job security.
 - The challenges of securing things you need, such as groceries and personal care items.
- Concern about being able to effectively care for children or others in your care.
- Uncertainty or frustration about how long you will need to remain in this situation, and uncertainty about the future.
- Loneliness associated with feeling cut off from the world and from loved ones.
- Anger because you think you were exposed to the disease due to others' negligence, or because you may not be able to work or engage in regular day-to-day activities.
- Uncertainty or ambivalence about the situation.
- A desire to use alcohol or drugs to cope.
- Feelings of hopelessness, changes in appetite, or sleeping too little or too much.



Adapted from HHS Publication No. SMA-14-4894 (2014)

Ways to Support Yourself During a Disease Outbreak

UNDERSTAND THE RISK

- Consider the real risk of harm to yourself and others around you. Media coverage may create the impression that people are in immediate danger when really the risk for infection may be more moderate. Take steps to get the facts.
- Stay up-to-date on what is happening, while limiting your media exposure. Avoid watching or listening to news reports 24/7 since this tends to increase anxiety and worry.
- Look to credible sources for information.

EDUCATE YOURSELF

- Do not be afraid to ask questions—clear communication with a health care provider may help reduce any distress associated with social distancing, quarantine, or isolation.

CONNECT WITH OTHERS

- Reaching out to people you trust is one of the best ways to reduce anxiety, depression, loneliness, and boredom during social distancing, quarantine, and isolation.

USE PRACTICAL WAYS TO COPE AND RELAX

- Relax your body often by doing things that work for you—take deep breaths, stretch, meditate or pray, or engage in activities you enjoy.
- Pace yourself between stressful activities, and do something fun after a hard task.
- Talk about your experiences and feelings to loved ones and friends, if you find it helpful.
- Maintain a sense of hope and positive thinking. Write down things you are grateful for or that are going well.