



Feeling stressed about the coronavirus (COVID-19)? Your program is here to help.

As the coronavirus disease (COVID-19) spreads, many people are anxious about the uncertainty of what is happening. You may be wondering if the virus will come to your community and how you can protect yourself and your family.

It is normal to feel anxious and/or overwhelmed by COVID-19. Some people may be more vulnerable if they already have a health or generalized anxiety disorder. In either case, feeling stressed can affect your immune system and increase the risk of getting ill in general. That is why it is important to take steps to manage your anxiety and how you react to the situation.

Here are a few things you can do to help yourself:

- 1. Seek health information from trusted resources** like the [U.S. Centers for Disease Control & Prevention \(CDC\)](#), [The World Health Organization](#) and your [State Departments of Health](#).
- 2. Plan ahead to feel more in control.** Go food shopping and make contingency plans for work, childcare or travel if they become necessary.
- 3. Take good care of yourself.** Wash your hands often, get plenty of rest and eat well. People infected by novel coronavirus tend to develop symptoms about five days after exposure, and almost always within two weeks.
- 4. Put things into perspective.** Most people who contract COVID-19 recover. Of the 80,000 confirmed cases reported in China, "more than 70% have recovered and been discharged," according to the World Health Organization. Those at the greatest risk are seniors and people with existing health conditions. The virus is highly contagious and there is no known treatment yet, but public health officials are working to contain the spread of it.
- 5. Stay informed, but don't overdo it.** The industry sometimes uses panic-inducing headlines. If you do consume media, do so thoughtfully and with a critical eye.

If you find that you are having difficulty managing stress, or if a household member is hypervigilant, obsessively reading about the crisis and worrying about the effects, remember you can call your program. You can speak with a clinical professional 24 hours a day, 7 days a week. All services are free and confidential.

Visit the member website for more information and to access Digital Cognitive Behavioral Therapy apps, including FearFighter® for anxiety, panic and phobia, and MoodCalmer® for depression.

Magellan Healthcare is here to provide you with compassionate and caring support and help you build your resilience so you can move forward with peace of mind.

Live updates: More than 108,000 coronavirus cases worldwide. (2020, March 9).

Retrieved from <https://www.cnn.com/asia/live-news/coronavirus-outbreak-03-09-20-intl-hnk/index.html>



Air Force EAP
1-866-580-9078

www.AFPC.AF.MIL/EAP