



TAKING CARE OF YOUR *Behavioral Health*

TIPS FOR SOCIAL DISTANCING, QUARANTINE, AND ISOLATION DURING AN INFECTIOUS DISEASE OUTBREAK

What To Expect: Typical Reactions

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
- The health status of others whom you may have exposed to the disease
- 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 if you think you were exposed to the disease because of others' negligence
- Boredom and frustration 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
- 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

TALK TO IMPORTANT NUMBERS AND WEBSITES:

Georgia Crisis & Access Line: Call 800-715-4225 Crisis Text Line: Text "NAMI" to 741741

Suicide Prevention Lifeline: Call 800-273-8255 Veterans Crisis Line: Call 800-273-8255 and press 1

Veterans Text Crisis Line: Send a text to 838255

Information source: www.samhsa.gov