The recent outbreak of coronavirus 2019 (COVID-19) in America has increased anxiety and stress levels for many. While these reactions are understandable, they can impact your physical and mental health. It is important to recognize stress reactions in yourself and others, and be intentional about coping with stress in constructive ways. The following information may help you manage your response to the situation.

**WHAT TO EXPECT: TYPICAL REACTIONS**

While everyone reacts differently to stressful situations, the following are common reactions:

- **Anxiety, worry, fear** about your own health, as well as others you care about
- **Apprehension** about school, work and money
- **Concern about caring** for others or securing things you need such as groceries and medicines
- **Uncertainty or frustration** about how long the situation will go on or about the future
- **Loneliness associated with feeling** cut off from the world and loved ones
- **Anger about specifics** or the situation in general
- **Symptoms of depression** hopelessness, changes in appetite, difficulties with sleep
- **Desire to use alcohol & drugs** to cope with stress
- **Signs of acute stress** - nightmares, upsetting memories, feeling on edge

**WAYS OF RELIEVING STRESS**

- **Calm your system**: Engage in relaxing activities such as yoga, deep breathing, pleasure reading.
- **Keep things in perspective**: Some anxiety is normal to experience. Educate yourself on the risks and precautions and recognize that consuming extensive media coverage may increase your anxiety and worry, thereby weakening your immune system.
- **Seek credible sources for information**:
  - WHO: https://www.who.int/en
  - Montana Tech: www.mtech.edu/coronavirus
- **Monitor your assumptions of others**: Just because someone has a cough does not mean they have coronavirus.
- **Stay healthy**: Continue healthy eating and sleeping habits. Drink plenty of water. Get outside for exercise. Avoid excessive use of caffeine, nicotine, alcohol and recreational drugs. Maintain a healthy routine as much as possible.
- **Keep connected**: Social networks help maintain a sense of normalcy and provide healthy outlets to share feelings and relieve stress.
- **Create positive emotions**: Watch comedies, laugh with friends, create a gratitude journal.
- **Seek support**: Reach out to professional assistance, such as counseling, when needed.

**SOURCES OF SUPPORT**

Montana Tech Student Health Center
https://www.mtech.edu/student-services/healthcenter.html

Call 406-496-4243
Open Monday through Friday from 10:00 a.m. – 2:00 p.m.

For immediate help managing intense emotions of thoughts of suicide, consider contacting the National Suicide Prevention Line: text MT to 741741 or call 1-800-273-8255 (TALK).
RESPONSE GUIDELINES
DURING THE COVID-19 SITUATION

One of the most effective measures for stopping any infectious disease is frequent and thorough hand washing. Please join the effort and wash your hands a lot! The Centers for Disease Control has an entire webpage on the science behind hand washing. https://www.cdc.gov/handwashing/ There's more to it than you think.

WHAT YOU CAN DO TO KEEP YOURSELF AND OTHERS HEALTHY:

• Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing or sneezing; going to the bathroom; and before eating or preparing food.
• Avoid touching your eyes, nose, and mouth with unwashed hands.
• Stay at home when you are sick.
• Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

WHAT TO DO IF YOU’RE NOT FEELING WELL:

Visit the Montana Tech Student Health Center

Open Monday through Friday from 10:00 am—2:00 pm

After hours:

• Call your medical provider or the St. James Healthcare Emergency Room
• Quarantine yourself and any exposed family member at your home reducing the spread of COVID-19

More information about COVID-19 can be found at the websites below:
www.mtech.edu/coronavirus

STAY HEALTHY OREDIGGERS

BE LIKE CHARLIE
CHARLIE WASHES HIS HANDS
CHARLIE KEEPS HIS 6’-8’ DISTANCE
CHARLIE IS SMART

FEVER
COUGH
SHORTNESS OF BREATH

SEEK MEDICAL ADVICE IF:

• You develop the symptoms mentioned above.
AND
• Have been in close contact with a person known to have COVID-19.
• Call ahead before you go to a doctor’s office or emergency room. Tell them about your recent travel and your symptoms...

KNOW THE SIGNS & SYMPTOMS TO HELP STOP COVID-19