

# COVID-19 TAKE CARE OF BEHAVIORAL HEALTH\*

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



WHITE MOUNTAIN APACHE  
TRIBAL REGIONAL BEHAVIORAL HEALTH AUTHORITY

## WHAT IS...

### SOCIAL DISTANCING?

A way to keep people from interacting close enough to spread disease. Schools and gathering places may close and other activities may be canceled.

### QUARANTINE?

A way to separate and restrict the movement of people who have been exposed to a disease to see if they get very sick. Lasts long enough to make sure the person isn't sick.

### ISOLATION?

Prevents the spread of disease by keeping people who are sick away from people who aren't. Lasts as long as the disease is contagious.

## WHAT TO EXPECT

- Concern about being able to care for your kids
- Frustration about how long you will need to be in this situation
- Loneliness because you're feeling cut off from the world and loved ones
- Anger if you think you were exposed because others weren't taking care of themselves
- Boredom or frustration because you can't work or do your regular daily activities
- Uncertainty about the situation
- Wanting to use unhealthy coping skills
- Symptoms of depression such as feeling hopeless, change in appetite, or sleeping too much or too little
- Symptoms of PTSD like stressful memories, flashbacks, nightmares, change in thoughts and mood, being easily startled
- Anxiety about your health or the health of loved ones
- Worry about the health of people you may have exposed to the disease
- Resentment that friends and family might feel like they need to go into quarantine after having contact with you
- Fear about monitoring yourself or being monitored by others for signs and symptoms
- Anxiety about taking time off work or missing out
- Worry about getting the things you need, like groceries and hygiene items

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

## HELPFUL RESOURCES:

SAMHSA's Disaster Distress Helpline: 1-800-985-5990 or Text TalkWithUs to 66746  
SAMHSA's National Helpline: 1-800-662-HELP  
Suicide Prevention Lifeline: 1-800-273-TALK (8255) or Crisis Text Line: Text HOME to 741741  
ABHS: 928-338-4811

**UNDERSTAND THE RISK - BE YOUR OWN ADVOCATE - EDUCATE YOURSELF - CONNECT  
TALK TO YOUR DOCTOR - USE COPING SKILLS**