# **Staying calm during COVID-19**





## Get information from trustworthy sources

- Get your information from hospital websites and reputable news organizations.
- Remember that about most people who catch COVID-19 have mild symptoms.
- Only look at COVID-19 information once a day. Do something else afterwards.

#### Do what you can control to stay healthy

- Stay home
- Stay 6 feet away from others
- Wash hands properly and frequently
- Avoid touching the face
- Eat, sleep, & exercise well; Stay hydrated
- Avoid smoking, vaping, drugs, and alcohol





## Do something to keep your mind busy

- Visit zoos or aquariums online. We want to see your
  photos for our 10<sup>th</sup> annual <u>22q at the Zoo Virtual</u>
  <u>Worldwide Awareness Day</u> on May 17<sup>th</sup>, 2020.
- Read a book, listen to music, or watch a movie
- Do some crafts or make a healthy snack
- Learn a new language or a new skill online

#### Write down how you feel and see what you can do about it

- Is your thought true right now? How do I know?
- How did I cope with this before?
- Does worrying about this help me at all?
- Will meditation and breathing techniques relax me?
- Can I talk to a friend who can help me stay positive?

## If you need help coping, please contact your healthcare provider.

The International 22q11.2 Foundation Inc.

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