

TENACITY'S COVID-19 FACT SHEET

Coronaviruses are a family of common viruses, which can cause illness in both animals and people. The two well know coronaviruses are SARS (Severe Acute Respiratory Syndrome) and MERS (Middle East Respiratory Syndrome).

Covid-19 is a new coronavirus outbreak. Covid-19 can spread by respiratory droplets that are coughed or sneezed by an infected person; or if someone touches an infected surface and then touches their eyes, nose, and or mouth.

Covid-19 Symptoms are similar to Respiratory infection.

Primary symptoms may include:

- Fever
- Cough
- Shortness of breath

More server symptoms may include:

- Pneumonia
- Sepsis

The best way to protect yourself against COVID-19 is:

- Wash your hands for 20 seconds
- Use an alcohol-based hand sanitizer
- Avoid touching your eyes, nose and mouth
- Avoid close contact with people who are sick
- Clean and disinfect frequently –touched surfaces (cell phone, computers, door knobs, car door handles)
- Cover your mouth with tissue with you cough or sneeze and throw the tissue away immediately

Emotional and Mental Wellbeing Resources:

To help cope with stress and anxiety, you may find [Sanvello](#) a helpful app to download. You can learn new skills, join group conversations, find useful

techniques and track your emotions. Optum and Sanvello have waived the cost of premium access.

Optum Emotional Support Help Line at [1-866-342-6892](tel:1-866-342-6892) is free of charge and available to anyone, so you can share it with family and friends. It will be open 24 hours a day, seven days a week.

Watch a webinar: Coping with Traumatic Events

<https://bli.webex.com/bli/lsr.php?RCID=07c1389e47173fe4e370b024cb6b973e>

Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. This program helps identify and normalize reactions to traumatic events. Participants will explore the broad emotional impact and look at healthy ways to cope.

Participants will:

- Define what a “critical incident” is
- Discuss expected expressions of grief and emotional toll
- Identify appropriate means of support and how to avoid stressors
- Learn effective stress-reduction techniques
- Examine strategies for helping children cope
- Determine when to seek professional support
- Explore the range of normal responses to critical incidents, such as the outbreak of coronavirus

Watch a webinar: Get the Best of Stress

<https://balancinglifefissues.webex.com/balancinglifefissues/lsr.php?RCID=7655016ead7446c1632116b9aacb6cd8>

In this training, participants will get an overview of stress basics as well as practical suggestions for coping with stressful situations, like the coronavirus outbreak. The concept of stress hardiness is also introduced as a focus for healthy stress management. In addition, attendees will get tools to help them dial down stress and better understand personal and organizational aspects of stress.

Participants will:

- Learn ways to respond to stress differently
- Apply several stress management techniques
- Identify common sources of stress, such as seeing repeated images or hearing reports about the COVID-19 outbreak in the media, and learn our reactions to it

Coping Tips:

- Set a limit on media consumption, including social media, local or national news.
- Stay active. Make sure to get enough sleep and rest. Stay hydrated and avoid excessive amounts of caffeine or alcohol. Eat healthy foods when possible.
- Connect with loved ones and others who may be experiencing stress about the outbreak. Talk about your feelings and enjoy conversation unrelated to the outbreak.
- The national [Disaster Distress Helpline](#) is available to anyone experiencing emotional distress related to COVID-19. Call 1-800-985-5990 or text TalkWithUs to 66746 to a counselor.
- If you're experiencing emotional distress related to COVID-19, please call the [National Suicide Prevention Lifeline](#) at 800-273-TALK (8255)
- For coping tools and resources, visit the Lifeline website at [suicidepreventionlifeline.org](#) or Vibrant Emotional Health's Safe Space at [vibrant.org/safespace](#).

For more updates visit the CDC or World Health Organization's website