

The COVID-19 pandemic can feel overwhelming and scary. It's normal to be stressed, anxious, or sad during times like these. Practice self care to manage stress and stay calm during the COVID-19 outbreak.



Get the COVID-19 vaccine.

The vaccine makes you far less likely to be very sick or die from COVID-19. Once you are fully vaccinated, you can start to go back to activities you did before the pandemic. Consider getting a booster shot to improve the protection.



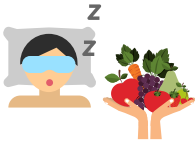
Take a break from watching the news and looking at social media.

If these activities make you feel worried or upset, try taking a break. Only get your information about COVID-19 from trusted sources like [CDC.gov](https://www.cdc.gov).



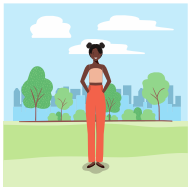
Reach out to people who support you.

Stay connected with family and friends through phone calls and video chats. Don't cut off contact with loved ones while socially distancing. If you've been fully vaccinated, reunite with loved ones.



Get plenty of rest, stay hydrated, take your normally prescribed medications, and eat fruits and vegetables.

These are all important steps to improving your mental and physical health. Frozen fruits and veggies are nutritious and will last longer between grocery trips.



Go outside at least once each day.

Go for a walk, jog, or step outside for a few minutes to get fresh air every day. Stay 6 feet away from others when you go outside if you have not been fully vaccinated.



Make time for prayer or meditation.

Leaning on your personal faith can help support you during stressful times. Meditation allows you to focus on staying calm and breathing.



Create a new routine and stick to it.

Make new routines during COVID-19, like planning breaks in the day for stretching or taking a walk. Plan activities that you feel safe doing.