While we are familiar with viruses like the common cold and the flu, the coronavirus (COVID-19) is new and presents a situation that none of us could have imagined a few short months ago. The fact that it is extremely contagious has resulted in business closures, social distancing, and quarantine measures which have disrupted our daily lives. It is normal to be worried and stressed during times of crisis. While worry is a part of anxiety, people with anxiety tend to experience more exaggerated feelings of worry and tension. Some common symptoms include:

- Trouble with concentration, memory, and thinking clearly
- Increased heart rate
- Changes in energy and difficulty sleeping
- Irritability and/or restlessness
- Fatigue, worry or dread
- Restlessness
- Digestive problems
- Sensations of numbness or tingling in hands or feet

In extreme cases of anxiety, people may experience a panic attack. Panic attacks are often mistaken for heart attacks at first, but usually go away when people are able to talk to someone else to calm their fears and practice deep breathing.

If you're taking steps to manage worry and anxiety during the COVID-19 crisis but they don't seem to be helping, it's free, private, and anonymous.

1. Your home, your bedroom, your closet, your kitchen – now is the time to clean and get organized.
2. Limit the number of people you come into contact with
3. Stay home if you are sick aside from getting medical care
4. Avoid touching your eyes, nose and mouth
5. Regularly wash your hands for 20 seconds with soap and water or use a hand sanitizer with at least 60% alcohol
6. Avoid touching your face
7. Avoid gatherings, including vacations, funerals, and religious activities
8. Keep 6 feet of distance between you and anyone who is coughing or sneezing
9. Avoid large gatherings
10. Keep 2-4 weeks of food on hand
11. Work from home if you are able to
12. Maintain self-care and personal hygiene
13. Don't overdo your news and information intake
14. Get your information from reliable sources like the CDC or WHO
15. Keep a healthy diet
16. Get enough sleep
17. Don't smoke or drink alcohol excessively
18. If you take medication, get refills and keep a month's supply at home if possible
19. Maintain 2-4 weeks of food on hand
20. Don't overdo your news and information intake
21. Purchase essentials
22. Clean and disinfect frequently touched surfaces
23. Cover your coughs and sneezes
24. Stay home if you are sick aside from getting medical care
25. Avoid touching your eyes, nose and mouth

If you start to feel better.

If you are in crisis or or thinking about suicide, get connected to a local crisis center and get in touch with someone immediately.

If you feel like you are struggling with your mental health, seek information to check your symptoms.

It's fine, private, and anonymous.

If you are in crisis or are thinking about suicide, get connected to a local crisis center and get in touch with someone immediately.

Test VAX to 741-741 to connect anonymously with a Crisis Text Line counselor.

Birmingham Crime Line: 205-529-7777
Suicide Prevention Lifeline: 1-800-273-TALK (8255)