As details about the new Coronavirus (COVID-19) emerge, you may experience a variety of feelings. Here’s how to manage that anxiety and distress.

**COMMON REACTIONS TO DISTRESS**

- Feeling overwhelmed
- Fear of public spaces
- Excessive fear about the future
- Unhealthy coping responses, such as increased substance abuse or engaging in risky behaviors
- Anxiety
- Panic
- Difficulty concentrating or sleeping

**SUCCESSFULLY COPING**

**Know the Facts.** The University of Alabama provides campus updates at healthinfo.ua.edu. The CDC provides accurate updates at cdc.gov, as does the Alabama Department of Public Health at alabamapublichealth.gov.

**Keep it in perspective.** Reducing the time spent following media coverage can limit worry. Be informed, but take breaks to focus on positive things and things within your control.

**Guard against false assumptions.** Just because someone coughs does not mean they have a coronavirus. Be self-aware about the risk of characterizing community members.

**Practice healthy habits.** Wash your hands. Get a flu shot if you have not had one. Cough or sneeze into a tissue or the bend of your arm. Avoid touching your face. Stay home if you’re sick.

**Seek help, if needed.** If you feel overwhelming worry, seek professional mental health support.

**MORE RESOURCES:**

When campus is in session, **students** can speak with a counselor or make an appointment through The University of Alabama Counseling Center by calling **205-348-3863**. When campus is not in session or after hours, crisis resources are available. If you are experiencing an emergency, please contact UAPD at **205-348-5454** and ask to speak with the on-call counselor.

**Faculty/staff** may contact American Behavioral’s professionally trained counselors at **800-925-5327** who can provide options, including face-to-face and over-the-phone sessions.