

Mental health and psychosocial considerations during the COVID-19 outbreak

WHO messages for people at risk and persons in isolation



Be prepared

Know in advance where and how to get practical help if needed, like having food delivered and requesting medical care. Make sure you have up to two weeks of all your regular medicines that you may require.

Stay connected

If health authorities have recommended limiting your physical social contact to contain the outbreak, you can stay connected via telephone, e-mail, social media or video conferences. You should also activate your social contacts to provide you with assistance, if needed.

Create your personal daily routines

Keep regular routines and schedules as much as possible or create new ones in a new environment, including regular exercising, cleaning, daily chores, singing, painting or other activities.

Keep an eye on your well-being

During times of stress, pay attention to your own needs and feelings. Engage in healthy activities that you enjoy and find relaxing. Exercise regularly, keep regular sleep routines and eat healthy food. Learn simple daily physical exercises to perform at home, in quarantine or isolation so you can maintain mobility and reduce boredom.

Inform yourself properly

A near-constant stream of news reports about an outbreak can cause anyone to feel anxious or distressed. Seek information updates and practical guidance at specific times during the day from trustful sources or local health authority platforms and avoid listening to or following rumours that make you feel uncomfortable.

Notice:

