

While not exhaustive, we have created this resource list of verifiable information from credible sources. We are mindful of the potential challenge and need to balance a proactive use of news and information, and risk of “overload” and anxiety symptom triggers. Please talk with your therapist if current events are particularly impacting your functioning and would benefit from being incorporated as part of your session focus.

[Centers for Disease Control: COVID-19 Information](#)

[World Health Organization: COVID-19 Information](#)

[World Health Organization: Myth Busters Page](#)

[Kansas Department of Health and Environment COVID-19 Resource Center](#)

[Johnson County Kansas Government Health Department](#)

Johnson County Department of Health & Environment may be contacted at (913) 477-8343 during regular business hours. After hours, you may contact the Kansas Department of Health and Environment at (877) 427-7317.

[Nine Questions Parents May Have About Coronavirus \(New York Times\)](#)



What is social distancing?

Social distancing means making efforts to keep away from interactions with other people, especially crowds (defined by some health departments as 10+ people), at schools, work, or events. Various levels of social distancing may be warranted across communities in the coming weeks and months. Look for local governments and health departments to be communicating guidelines as they evolve.

What exactly is quarantine? And do I need to?

Quarantine means physically separating people who have been exposed but do not have the disease. These individuals are viewed as being at risk. If they are confirmed to have the infection, that's when they go into isolation and/or hospitalization. The incubation time for the coronavirus is 14 days, meaning if people have been exposed but have no symptoms and test negative, they are released from quarantine. Your physician and/or health department professionals are who designate need for and any instructions for quarantine.

Keep Calm and Wash Your Hands: 5 Tips for Managing Stress Around Coronavirus

Adapted from a March 9, 2020 article by Katie Kindelan, ABC News

1: Check the news once per day. Take the alert off your smartphone and set a time to check the news once per day. Even though it might feel relieving in the moment to look at exactly where coronavirus is and if it's spread, that's actually leading to more anxiety. Reviewing updates once daily will still keep you informed without constantly needing to know every detail. The more you check your phone and are thinking about coronavirus, the more your brain has new data points, and is skewing its estimate of how likely the danger is.

2: Follow recommendations, but don't go overboard. The (CDC) recommends the general public take "everyday preventive actions" to help stop the spread of germs, including getting a flu vaccine, washing your hands, avoiding touching your eyes, nose and mouth, staying home when sick and avoiding close contact with people who are sick. Further precautions -- including avoiding crowds and stocking up on supplies -- are recommended only for older people and people with severe chronic conditions. Sticking to the CDC's recommendations will ultimately help lower stress and anxiety levels.

3: Focus on the evidence. If you find your mind wandering to worst-case scenarios or unknowns, focus on the scientific evidence of where the coronavirus stands now in the U.S. Instead of scanning Twitter, for example, briefly review CDC updates, or speak to your doctor. When we're anxious we tend to over-focus on the most dangerous components of a situation, and don't incorporate other information, such as the fact most cases are mild, or that many people are living around coronavirus and not contracting it.

4: Think of common-sense precautions to take. If there are low-risk steps you can take that would ease your anxiety and be useful, go ahead and take them. Some examples: limiting interactions and activities with older adults or compromised individuals that may put them at greater risk, reconsidering non essential travel plans or large community events. In most instances, barring instruction from local government and health agencies, people can still go about day-to-day life with some common sense precautions and awareness steps, which may then help alleviate some anxiety, too.

5: Focus on helping others. The primary precautions for the coronavirus —washing your hands and staying home if sick— are designed to help stop the spread of the virus and keep the most vulnerable people healthy. Try thinking about helping other people when you find your mind rushing with anxiety, re-framing the nature of the risk and the recommended efforts as keeping the people around you and the wider community safe. If you're a parent worried about your child's health in public settings, focus on the fact kids are less vulnerable than older adults, so guidelines and recommendations have more to do with risks of spreading the virus to other people.