



Fort Bend County
Behavioral Health Services
301 Jackson Street, Suite 520
Richmond, TX 77469

Managing Fears and Anxiety around Coronavirus

As information about Coronavirus unfolds, there can be a wide range of thoughts, feelings and reactions. Below is some helpful information and resources.

Common Reactions:

Please recognize that there can be a wide range of reactions and that over the next few days or weeks you may experience periods of:

- **Difficulty concentrating**
- **Anger**
- **Hyper-focused on your health and body**
- **Anxiety, worry, panic**
- **Feeling helplessness**
- **Difficulty sleeping/change in sleep**

Ways to Manage Fears & Anxieties:

- **Get the facts.** Stay informed with the latest health information through the Fort Bend County Health and Human Services Department: <https://www.fbchealth.org/ncov/> For further information, see the dedicated CDC website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- **Keep things in perspective.** Limit worry and agitation by lessening the time you spend watching or listening to upsetting media coverage. Although you'll want to keep informed — especially if you have loved ones in affected countries — remember to take a break from watching the news and focus on the things that are positive in your life and things you have control over.
- **Be mindful of your assumptions about others.** Someone who has a cough or a fever does not necessarily have coronavirus. Self-awareness is important in not stigmatizing others in our community.
- **Stay healthy.** Adopting healthy hygienic habits such as washing your hands with soap and water or an alcohol-based hand sanitizer, frequently, and certainly after sneezing or before/after touching your face or a sick person. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. Avoid touching your eyes, nose and mouth. Avoid contact with others who are sick and stay home while sick.
- **Keep connected.** Maintaining social networks can help maintain a sense of normalcy, and provide valuable outlets for sharing feelings and relieving stress.
- **Seek additional help.** Individuals who feel an overwhelming worry or anxiety can seek additional professional mental health support.

More Resources:

If you need to speak with someone about overwhelming worry or anxiety, please contact your health care provider. You can also contact Fort Bend County Behavioral Health Services at **281-238-3079** or BHSdept@fortbendcountytexas.gov for additional assistance.

If you or someone you know is in immediate crisis, please call **911** to get assistance