



End Violence. Change Lives. Give Hope.

1-800-273-8712



COPING WITH COVID

PROTECT YOURSELF & OTHERS



- Get fully vaccinated and stay up-to-date on your COVID-19 vaccines.
- When the COVID-19 Community Risk Level is HIGH, wear a mask indoors in public areas—even if you've been vaccinated.
- Wash your hands often. Use hand sanitizer with at least 60% alcohol.
- Cover coughs and sneezes and disinfect frequently touched surfaces.
- Avoid poorly ventilated spaces and crowds.
- Monitor your health daily.
- Test to prevent spread to others.

MAINTAIN A HEALTHY LIFESTYLE

- Choose fresh fruits and vegetables instead of fast food or processed food.
- Get adequate sleep and exercise daily.
- Make time to enjoy safe social interaction with friends and loved ones.
- Make time for yourself.
- Develop healthy coping strategies.



5-4-3-2-1 Coping Technique for Anxiety

Before starting this exercise, take four deep, long breaths

- Acknowledge FIVE things you see around you.
- Acknowledge FOUR things you can touch around you.
- Acknowledge THREE things you hear.
- Acknowledge TWO things you can smell.
- Acknowledge ONE thing you can taste.



ASK YOUR WRAP PROFESSIONAL

- We can provide information.
- We can provide home testing kits.
- We can provide transportation to a vaccination site.
- We can help you get needed support.

"It's normal to feel stressed and confused. Talking to people you trust can help."





KNOW WHERE TO GO

- To get credible health information.
- To get vaccinations.
- To get medical help.



WEST TN HEALTH DEPARTMENTS

Benton County Health Department	731.584.4944	Jackson-Madison County Health Department	731.423.3020
Carroll County Health Department	731.986.1990	Lake County Health Department	731.253.9954
Chester County Health Department	731.989.7108	Lauderdale County Health Department	731.635.9711
Crockett County Health Department	731.696.2505	McNairy County Health Department	731.658.5291
Decatur County Health Department	731.852.2461	Milan Health Department	731.686.9240
Dyer County Health Department	731.285.7311	Obion County Health Department	731.885.8722
Gibson County Health Department	731.855.7601	Regional Health Dept.	731.423.6600
Hardeman County Health Department	731.658.5291	Tipton County Health Department	901.476.0235
Hardin County Health Department	731.925.2557	Weakley County Health Department	731.364.2210
Henderson County Health Department	731.968.8148		

KNOW THE SYMPTOMS



Coughing



Shortness of Breath



Fever



Chills



Muscle or Body Aches



Vomiting



Diarrhea



Loss of Taste or Smell

Source: CDC