

Coping with COVID-19

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Social distancing

is a way to keep people from interacting closely or frequently enough to spread an infectious disease. Schools and other gathering places such as movie theaters may close, and sports events and religious services may be cancelled.

Isolation prevents the spread of an infectious disease by separating people who are sick from those who are not. It lasts as long as the disease is contagious.

Quarantine separates and restricts the movement of people who have been exposed to a contagious disease to see if they become sick. It lasts long enough to ensure the person has not contracted an infectious disease.

Ways to Cope

1. Change Your Perspective
2. Understand the Risks
3. Connect with Others
4. Relaxation
5. Take Back Control
6. Self-Care
7. Seek Additional Help

Stay Informed

Centers for Disease Control and Prevention (CDC).

<https://www.cdc.gov>

World Health Organization at

<https://www.who.int/edu>