Managing Fears and Anxiety around COVID-19/Coronavirus

As information about COVID-19 (coronavirus) unfolds, there can be a wide range of thoughts, feelings and reactions. Below is some helpful information and, on the reverse, some 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-vigilance to your health and body

- Anxiety, worry, panic
- Feelings of helplessness
- Social withdrawal

Ways to Manage Fears & Anxieties

Although COVID-19 is a health issue that is being taken very seriously by the City and public health authorities worldwide, do not let your worry about this virus control your life. There are many simple and effective ways to manage your fears and anxieties. Many of them are essential ingredients for a healthy lifestyle and adopting them can help improve your overall emotional and physical well-being.

- **Get the facts.** Stay informed with the latest health information provided by Public Health of Madison and Dane County through the following links:
    - City of Madison EmployeeNet: https://www.cityofmadison.com/employeenet/coronavirus
    - Public Health of Madison and Dane County: https://www.publichealthmdc.com/coronavirus
    - For further information, see the dedicated CDC Website

- **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 areas - 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 COVID-19. Self-awareness is important in not stigmatizing others in our community. COVID-19 is not specific to an ethnicity or race - disease does not discriminate. If you experience harassment or discrimination, employees may file a complaint with the Department of Civil Rights.

- **Stay healthy.** Adopt healthy hygienic habits such as washing your hands with soap and water or use 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.** The Employee Assistance Program can help employees cope with anxiety and other concerns. See Resources on reverse.
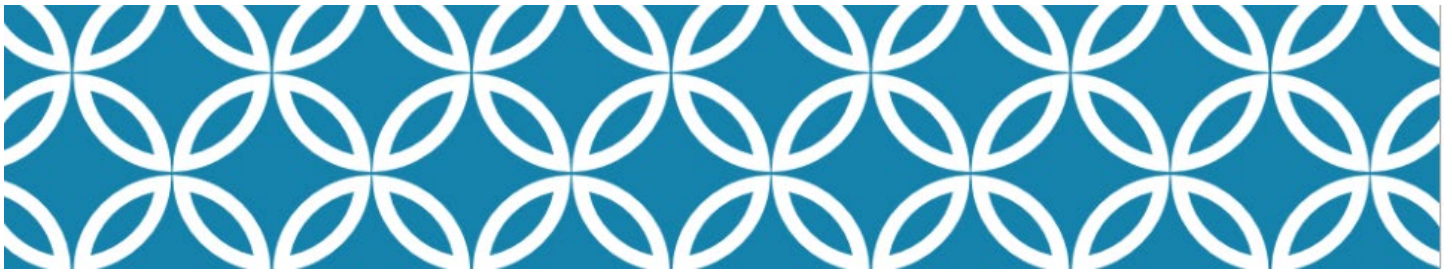
Resources

City of Madison Employee Assistance Program

EAP staff will be available to consult with employees and managers by phone during the Covid-19 Outbreak. Please call or email, using the contact information below for the internal EAP, to request a consultation.

Internal EAP

266-6561 or eap@cityofmadison.com.

Leave a message and EAP staff will return your call or email within 1 business day.

www.cityofmadison.com/eap

External EAP

FEI Behavioral Health 1-800-236-7905 or use online intake form.

24/7 intake counselor coverage.

www.feieap.com (user name *Madison*)

City of Madison Information

City of Madison EmployeeNet: https://www.cityofmadison.com/employeenet/coronavirus

Dane County Information

Madison and Dane County Public Health: https://www.publichealthmdc.com/coronavirus

State and National Information

Wisconsin Department of Health Services: https://www.dhs.wisconsin.gov/covid-19/index.htm

Centers for Disease Control and Prevention: https://www.cdc.gov/coronavirus/2019-ncov

Employee Assistance Program
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