



Coping with Isolating During COVID-19

Being a case or close contact can be stressful

It's normal for people told to stay home to experience a wide range of emotions:

- Fear and worry about your own health and the health of your loved ones.
- Stress around taking unexpected time off your regular activities, losing income, getting groceries and other supplies, being away from others, testing, or being monitored by public health.
- Guilt that you may have exposed others to the virus, that they will have to stay home, or that you are not able to contribute to caregiving or household work.
- Fear that family and friends will be angry with you or afraid of catching the virus from you.

Strategies to cope while you must stay home



Focus on the big picture

You are making a difference by staying home. Public Health and others are grateful for your effort to keep the community safe by limiting the spread of COVID-19.



Find solutions

Identify the stressors you can control and find solutions. For example, visit covid-benefits.alpha.canada.ca/en/start to learn about financial support for isolating. Reach out virtually to family, friends, or neighbours for help.



Make a daily plan

Structure your day with a healthy routine that includes getting enough sleep, eating nutritious food (see kflaph.ca/EatingHealthy), being active, staying connected virtually with family and friends, going outside on porch or balcony, or in your yard. Limit consumption of alcohol, tobacco, cannabis, or other drugs.



Practice compassion

This is a stressful experience. It's normal to have a wide range of feelings. Try to focus your anger on the virus not people. It's invisible and spreads easily.



Manage difficult emotions and thoughts

Connect virtually with friends and family for emotional support. Try not to get stuck in unhelpful thoughts like predicting that things will turn out badly, assuming what others think or feel, or replaying the past.

Reach out for help

Help is available if you are experiencing distress during or after the isolation period.

Need help now

AMHS 24/7 Crisis Line

- Kingston & Frontenac
613-544-4229 /1-866-616-6005
- Lennox & Addington (L&A)
613-354-7388 /1-800-267-7877

Information and ongoing support

cmha.ca/find-info/covid-19

anxietycanada.com/covid-19