

Coping with COVID-19 Resources

Introduction

In the event of an infectious disease outbreak, local officials may require the public to take measures to limit and control the spread of the disease. This tip sheet provides information about social distancing, quarantine, and isolation.

It also suggests ways to care for your behavioral health during these experiences and provides resources for more help. The government has the right to enforce federal and state laws related to public health if people within the country get sick with highly contagious diseases, like COVID-19.

Trusted Sources of Information

Ohio Department of Health

1-833-427-5634

www.coronavirus.ohio.gov

Centers for Disease Control

1-800-CDC-INFO (1-800-232-4636)

www.cdc.gov

World Health Organization

202-974-3000

www.who.int/en

What is Social Distancing?

Social distancing is a way to keep people from interacting closely or frequently enough to spread an infectious disease. Schools and other gathering places may close, and events and services may be cancelled.

What is Quarantine?

Quarantine separates and restricts the movement of people who have been exposed to a contagious disease to see if they become sick.

What is Isolation?

Isolation prevents the spread of an infectious disease by separating people who are sick from those who are not.

Healthy Ways to Cope

- Remember strong emotions are expected in times of distress and crisis
- Avoid excessive social media coverage
- Eat nutritious foods, exercise, get adequate sleep, and stay hydrated
- Stay connected with family and friends through video calling and messaging
- Avoid using drugs and alcohol
- Start stretching, meditating, and deep breathing when you are feeling overwhelmed
- Educate yourself with information from trusted sources
- Spend time with family while in quarantine; reconnect through fun activities like board games and movies
- If you have a mental health diagnosis, continue your treatment plan and monitor for new symptoms
- If you feel overwhelmed for multiple days in a row, you can receive online services during COVID-19

Crisis Resources

- Substance Abuse & Mental Health Services Administration's National Disaster Distress Helpline* at 1-800-985-5990 or texting: TalkWithUs to 66746
 - *For Spanish Speakers: 1-800-985-5990 Option 2
 - *Text Hablanos to 66746
- Ohio Crisis Text Line* by texting: keyword 4HOPE to 741 741
- Ohio Mental Health and Addiction Services Help Line* at 1.877.275.6364
- National Suicide Prevention Lifeline* at 1-800-273-8255
- Washington County Local Crisis Hotline* at 740-373-8240 or dial 211
 - Local 211 Resource* text your zip code to 898-211

Local Resources

- Washington County Behavioral Health Board* at 740-374-6990
 - [Local Behavioral Health Resource Guide](#)

Virtual Resources

- In the Rooms: www.intherooms.com (virtual recovery meetings, co-occurring mental health, NA, AA, OA, etc.)
- WEconnect & Unity Recovery: unityrecovery.zoom.us/my/allrecovery (virtual all recovery meetings 7 days a week at 9 am , 12 pm, 3 pm, 9 pm EST)
- Alcoholics Anonymous: aa-intergroup.org (virtual 12-step recovery meetings)
- SMART Recovery: www.smartrecovery.org/community (virtual SMART Recovery meetings)
- Young People in Recovery: <https://facebook.com/events/s/ypr-virtual-all-recovery-meeti/1297048917351785/?ti=as> (virtual meetings)
- Voices of Hope: <https://linktr.ee/recoveronline> (virtual all recovery meetings, 12-step recovery meetings, recovery coaching appointments)
- Unity Yoga/Unity Recovery: <https://unityyoga.guru/coronavirus> (virtual yoga classes)

COVID-19 Testing Resources

- Memorial Health System 24/7 Nurse Advice Line* at 844-474-6522
- Camden Clark 24/7 Nurse Triage Line* at 304-598-6000 opt. 4

COVID-19 General Questions

- The Ohio Department of Health* at 1-833-427-5634
 - www.coronavirus.ohio.gov
- Marietta/Belpre Health Department Nursing Department* at 740-373-0611 ext. 634
- Washington County Health Department COVID-19* at 740-374-2782 then press #