Coping with Quarantine or Isolation during COVID-19

Having to be at home in quarantine because of exposure, or isolation as a result of a positive test for COVID-19, can be difficult. You may feel worried, frightened, lonely, bored, frustrated, or angry. You may have trouble sleeping, and feeling sick physically can be discouraging and emotionally stressful. Here are some ways to manage stress during that time:

1. **Maintain Connections**: Have a scheduled check-in call each day with friends or family members. Check on people you care about, and tell them you need them to check on you.

2. **Take Care of Your Body**: Eat nutritious foods, try to move around or exercise each day, and get enough sleep. If you are sick it's important to spend part of the day sitting up to help reduce fluid build-up in your lungs.

3. **Let your Feelings Out**: You may feel lonely, worried, scared or even angry. Talk about how you are feeling with others you trust, or write out your feelings and thoughts in a journal or through poetry, song-writing or an online diary.

4. **Try Mindfulness:** Practice a few minutes of deep breathing, grounding or other mindful focusing each day. This can help with sleep, mood, and tension in your body. Try using an app like Headspace, Calm, Simple Habit, or Stop, Breathe, Think.

5. **Limit Media Exposure about COVID 19:** Get your information from reliable sources and limit your consumption of television, radio and print news and social media to about an hour a day.

6. **Be Kind to Yourself**: Don't expect too much of yourself if you are sick, and allow yourself some grace for feeling stressed. Grant yourself the same grace and compassion you extend to others.

7. **Ask for Help and Support**: If you are feeling depressed or anxious, having thoughts of suicide, or struggling with substance use, talk to your health care provider or a counselor or therapist. You can also contact the Kentucky Community Crisis Response Board to speak to a crisis counselor at (888) 522-7228 – it's free and confidential. If you need assistance with food, rent, bills or other necessities, reach out to your HR Director or community organizations.

For more information and resources visit **Kentucky's COVID 19 webpage** at:
https://govstatus.egov.com/kycovid19