COPING WITH A LOVED ONE WHO HAS COVID-19

If you've just found out that someone you care about is positive for COVID-19, you might be experiencing an assortment of feelings like sadness, fear, worry, anxiety, anticipated grief, anger, guilt and more. Remaining hopeful and listening to their doctor's recommendations are vital for recovery. It is difficult to process the idea of being quarantined from our loved ones and not knowing when we will see them

again. Maintaining a normal routine and practicing self-care are the most helpful ways to cope with COVID-19. Be safe and creative with finding ways to connect with your loved one. You can spend time outside together, wearing masks, 6 ft apart, according to the CDC. You can also write letters, texts, have phone calls and video chat. Most importantly remain positive and ensure they know how loved they are.

TIPS FOR COPING WITH A LOVED ONE WHO HAS COVID-19

Know that your fears and concerns ore normal and valid. You are a caring person, why wouldn't you be worried about someone you love?

Give yourself time to worry and also give yourself breaks from worrying

Try to connect with your loved one as much as possible through texts, phone calls, video chats, letters, etc

Practice self-care, distract yourself from worrying by doing things you enjoy, practice gratitude, pray

Make sure the person diagnosed with COVID-19 knows how much you care about them and shower them with as much love and support as possible, listen to their fears and encourage them to remain hopeful

Be positive and realistic, listen to their doctor's recommendations and prognosis. Be leery of internet statistics and reporting as credibility of sources and data is unknown at this time.

Understand that each COVID-19 case is specific to the individual, their health, and medical history

Find comfort in knowing that the most people with COVID-19 are recovering without any treatment