



PSYCHO-SOCIAL REACTIONS TO THE EPIDEMIC. HOW TO PROTECT YOURSELF

WHO IS MOST AT RISK?

The epidemic is a serious threat to psycho-social well-being, both your own and that of those you are caring for. You may find:

Somatic reactions, with symptoms that can resemble those of covid-19 .

Anxiety, even panic attacks, sleep disorders, difficulty concentrating and other psychological disturbances.

HOW TO CARE FOR YOURSELF AND OTHERS, LIMITING THE DAMAGE THE EPIDEMIC DOES TO OUR WELL-BEING

- MAINTAIN SOCIAL CONTACTS

- KEEP INFORMED, USING RELIABLE SOURCES

- MAINTAIN OR CREATE A DAILY ROUTINE

- CARE FOR YOURSELF

- TRY TO SLEEP WELL. SLEEP IS IMPORTANT!

COVID-19 AND THE SENSE OF FEAR

For many people, the epidemic produces a constant sense of fear. Fear is a fundamental emotion. It helps to protect you. Fear is not your enemy! Just do not allow fear to overcome you, to paralyze your activity.

WHAT TO DO TO MANAGE FEAR?

Face the situations that cause fear, don't avoid them or withdraw into yourself. Make the changes you need to get control of the situations that provoke fear.

Recognize that you are nervous. This is okay, it's normal. You can be afraid without losing control.

MANAGE YOUR FEAR, 4 SIMPLE STRATEGIES:

1 Recognition:
Recognize what it is that scares you. Ask yourself: "What am I feeling? What am I thinking?"

2 Analysis:
Asses the real risks, distinguish them from imaginary risks.

3 Socialization: You are not the only one to be afraid, you can find an outlet and support by sharing your fear with people you trust.

4 Decomposition: Try to break your fear down into its different component elements: not knowing what to do in case of contagion // feeling unsafe when you are in a group // This will help you to take useful actions.

For advice, consult <https://www.medicisenzafrontiere.it/covid19-salute-psicosociale/>

And if you need outside help:

<https://www.psy.it/materiali-prodotti-dalle-associazioni-societa-scientifiche>

<https://d66rp9rxjwty.cloudfront.net/wp-content/uploads/2020/04/Guida-anti-stress-per-i-cittadini2.pdf>

To learn more about MSF's action to stop the Covid-19 epidemic: www.msf.it/covid19

