

ANXIETY AND COVID-19



Recently, we've been hearing things every day about COVID-19 (also known as the coronavirus). Sometimes, hearing these things can make us feel very worried or scared.



Schools, workplaces, restaurants, and other businesses will be closing, so routines may change. And that's okay!

It's to make sure everyone is safe!



It's important to make sure we stay informed about what is happening. We should wash our hands, sanitize surfaces, take off shoes as soon as we get home, and keep our personal space!



< SPACE >



Don't worry; as time goes on, we learn day by day how to better keep ourselves and our loved ones healthy and safe. We will beat this together, step by step!

If you're unsure about what to do, it's also okay to ask for help. You can talk to your doctor, family members, or staff. At the end of the day, we're all working together to feel better.

