

How to manage concerns about COVID-19 exposure

The risk of exposure to COVID-19 is a real one. Feeling constantly anxious and even paranoid about touching things, washing our hands, being around others when it cannot be avoided becomes a constant preoccupation. The message may sometimes feel like a confusing one, be obsessive in our hygiene habits but maintain routine and normality as far as possible. It is important to consider that these are unprecedented times and we are presented with having to deal with our responses to such crises in a rather novel way.

Try the below to manage concerns you may have about exposure:



Be kind to yourself. It is normal to worry about the risks related to COVID-19, such as you or your family being exposed, finding out you or a family member tested positive, etc.



Take a balanced view of all that concerns you. Remain focused on what you can proactively do to take care of yourself such as hand washing, staying at home, sneezing or coughing in the crook of the elbow or in a tissue that is then discarded, etc.



Plan for the unexpected Spend some time proactively working through what your plan of action would be if you were impacted.



Be prepared. In case you or a loved one is exposed, know who to phone and where to go, have basic medication on hand, consider childcare arrangements, what isolation would require of you practically, communication strategies, etc.