

Day 3 -Message 3: Care with emotional issues during and after COVID 19 infection

1. Avoid coping with emotions or boredom by resorting to tobacco, alcohol and other drugs. Use of such substances can worsen physical, mental health and reduce immunity
2. Do not shun or judge people with a COVID infection. Do maintain a physical distance and keep yourself safe to prevent such infection, and also remember that they need care and concern
3. Be a trusted friend. If you know someone who might have the infection, tell them about precautions, and how to get medical assistance
4. Be sensitive to emotional problems in your near and dear ones. Be watchful of the following
 - Changes and Difficulty in sleep patterns
 - Difficulty in concentrating
 - Worsening of health problems
 - Increased use of alcohol, tobacco or drugs
5. Be supportive to them
6. Good mental status and positive thinking in the difficult times will help us win the battle more easily

If the feelings worsen, seek psychological support from University Psychological Counsellors. Call them on following numbers

Dr Hymavathi - 9515667087

Mr Subhash - 8008477643

If you happen to get infected with Corona, remember most people get better. Do not panic. Seek professional care immediately, practice self-isolation and take medications that are advised