

# When a Loved One is Diagnosed with COVID-19: How to Cope

## You may be experiencing...

- Fear
- Confusion
- Shock
- Uncertainty
- Sadness
- Anxiety
- Worry
- Loss of control

## It's normal to have questions...

- *What if I get sick?*
- *How can I best take care of my loved one?*
- *How long until they recover?*
- *How can I help them?*

## Stay informed...

- Review updated information from reputable sources, including the [CDC](#), [WHO](#), and your local health department
- Create a plan with others to care for your loved one and keep yourself safe (See helpful [CDC](#) and [USA Today](#) articles for caretakers)
- Find safe ways to remain in contact with your loved one to provide support and stay updated on their condition
- Be knowledgeable about local resources in your area, including contact information for doctor's offices, local hospitals, and emergency services

## Take care of your mental health...

- Recognize what is outside of your control and try to be compassionate with yourself
- Allow yourself to feel any emotions that come up for you
- Maintain your daily routine and continue to eat, sleep, exercise, and engage in other activities that you enjoy
- Limit your media consumption, especially if you notice it is causing stress
- Continue to check out [CAPS Online Resources](#) to manage any anxiety/stress

## Reach out for support...

- Speak with friends, family, and loved ones about your experience
- If you would like additional support, contact CAPS for a virtual appointment (518-442-5800; [consultation@albany.edu](mailto:consultation@albany.edu)) or click [here](#) and scroll down for regional/national crisis support lines

For more information on coping resources,  
please visit the [CAPS Website](#)



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