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) or click here and scroll down for regional/national crisis support lines

For more information on coping resources, please visit the CAPS Website