Taking Care of Your Mental Health during Covid-19

Do Things You Enjoy

- Practice Meditation
- Games
- Exercise
- Dance/sing
- Read/draw
- Watch movies/cartoons

Is there anything you enjoy doing? Have fun with your parents/caregivers at home!

Be Informed

Do's
- Stay calm
- Verify sources
- Be kind to all

Don'ts
- Panic
- Spread rumors/trust all information available
- Discriminate people

In such times, it is important for all of us to support one another and overcome our fear!

Stay informed with reliable sources
1. Ministry of Health
2. Prime Minister’s Office

If you need professional help call Bhutan Mental Health Team for Covid-19 at 17123237/38/40/41
Or contact Ability Bhutan Society for services: 02340747

In collaboration with
CREATE A ROUTINE
A structure routine helps us be familiar and comfortable with what we have to do daily.

COMMON REACTIONS TO CRISIS EVENTS
PSYCHOLOGICAL/EMOTIONAL

- Happy
- Relaxed
- Sad
- Aloof/Anxiety
- Angry
- Worried/Overwhelmed
- Tired
- Tantrums
- Refusing
- Hyperactive
- Distraction/not able to focus
- Not able to sleep
- Low tone/high tone
- Imbalance
- Difficult to swallow
- Mobility/not able to move
- Not able to sleep
SANITATION & HYGIENE

Frequently wash hands with soap and water or alcohol-based hand rub.
Wash hands before and after meal.
Wash hands before and after going to toilet.
Avoid touching eyes, nose and mouth.
Wear mask at crowded places.
Cover your mouth and nose when sneezing or coughing with your elbow or tissue.

Hand Washing Steps

1. Apply a small amount (about 3 ml) product in a cupped hand.
2. Rub hands together palm to palm, spreading the handrub over the hands.
3. Run back of each hand with palm of other hand with fingers interlaced.
4. Rub palm to palm with fingers interlaced.
5. Rub back of fingers to opposing palms with fingers interlocked.
6. Rub each thumb clasped in opposite hand using a rotational movement.
7. Rub tips of fingers in opposite palm in a circular motion.
8. Rub each wrist with opposite hand.
9. Wait until product has evaporated and hands are dry (do not use towels to dry hands).

Wash hands before and after meal.
Wash hands before and after going to toilet.
Avoid touching eyes, nose and mouth.
Cover your mouth and nose when sneezing or coughing with your elbow or tissue.

Keep your house and surrounding clean.

Wait until product has evaporated and hands are dry (do not use towels to dry hands)

Cover your mouth and nose when sneezing or coughing with your elbow or tissue.

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