

Caring for Yourself During an Infectious Disease Outbreak or Pandemic

An infectious disease outbreak or pandemic creates a stressful working environment for the entire healthcare team. The following are some actions you can take to reduce stress:

- Make plans for meals, childcare and other activities of daily living ahead of time.
- Stay informed about the situation using reliable resources like local health department websites, the CDC and through your facility's internal communication.
- Take care of yourself by making sure you know how to use coping methods, eat healthy, get enough sleep and recognize when to get help for stress that interferes with work, sleep and a healthy lifestyle in general. Learn more about maintaining health during an emergency by accessing the QR code.



When you feel pressure, hit the “pause” button to reset your thoughts. Taking a break to clear your head may reduce the effects of stress. Try stress reduction techniques. Learn more about tips for reducing stress by accessing the QR code.



Eat healthy meals and snacks to maintain energy and overall health. Eat meals at regular times each day as often as possible. For more information on healthy eating, access the QR code.



Get as much sleep as possible. When shifts are long, “bank” extra sleep hours on days off. To learn more about the importance of getting enough sleep, access the QR code.



Understand your internal stress meter so you can respond to actual or anticipated stressors in a healthier way before the situation gets worse. To learn more about how to get help, access the QR code.



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