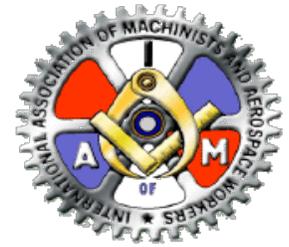




# HELPING HANDS



## Ways to Support Yourself During Social Distancing, Quarantine, and Isolation

### UNDERSTAND THE RISK



Consider the real risk to yourself and others around you. The public perception of risk during a situation such as an infectious disease outbreak is often inaccurate. Media coverage may create the impression that people are in immediate danger when the risk for infection may be very low. Take steps to get the **facts**:

**Limit** your media exposure. Avoid watching or listening to news reports 24/7. This tends to increase anxiety and worry. Remember that children are especially affected by what they hear and see on television.

Look to **credible** sources for information on the infectious disease outbreak

### BE YOUR OWN ADVOCATE

Speaking out about your needs is important if you are in quarantine, make sure that you are advocating that your basic needs are being met. Ensure you have what you need to feel safe, secure, and comfortable.

- Work with local resources to find out how you can arrange for groceries and toiletries to be delivered to your home as needed. Most restaurants and grocery stores will deliver to your front door.
- Inform health care providers your primary care physician or health authorities of any needed medications and work with them to ensure that you continue to receive those medications.

### EDUCATE YOURSELF

Health care providers and health authorities should provide information on the disease, its diagnosis, and treatment. Look to credible resources for accurate information – see the insert on page 2 for some good sources of information

- Do not be afraid to ask questions—clear communication with a health care provider may help reduce any anxiety or distress associated with social distancing, quarantine, or isolation.
- Ask for written information when available.
- Ask a family member or friend to help when you are unable to secure this information on your own.



### CONNECT WITH OTHERS

Reaching out to people you trust is one of the best ways to reduce anxiety, depression, loneliness, and boredom during social distancing, quarantine, and isolation. You can:

- Use the telephone, email, text messaging, and social media to connect with friends, family, and others.
- Use Skype or FaceTime or Zoom to talk “face to face” with friends and loved ones
- If approved by health authorities and your health care providers, arrange for your friends and loved ones to bring you newspapers, movies, and books. Practice healthy hygiene with any of these materials.
- Sign up for alerts via text or email to ensure you get updates as soon as they are available.
- Use the Internet, radio, and television to keep up with local, national, and world events.
- If you need to connect with someone because of an ongoing alcohol or drug problem, consider calling your local Alcoholics Anonymous or Narcotics Anonymous offices.

## What to Expect: Typical Reactions

Everyone reacts differently to stressful situations such as an infectious disease outbreak that requires social distancing, quarantine, or isolation. You may feel:

• **Anxiety, worry, or fear related to:**

- Your own health status.
- Time taken off from work and the potential loss of income and job security
- The challenges of securing things you need, such as groceries and personal care items
- Concern about being able to effectively care for children or others in your care
- Uncertainty or frustration about how long you will need to remain in this situation, and uncertainty about the future
- Loneliness associated with feeling cut off from the world and from loved ones
- Boredom and frustration because you may not be able to engage in regular day-to-day activities
- Uncertainty or ambivalence about the situation
- A desire to use alcohol or drugs to cope
- Symptoms of depression, such as feelings of hopelessness, changes in appetite or sleep habits



**Should you experience any of these concerns, please contact your EAP representative listed below:**



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP peer coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP peer coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.

### IAM EAP Airline Chairmen

United Airlines Kathy Ferguson: 703-505-4321,  
E-mail: kf.borabora@cox.net

American Airlines Chris Davis: 704-572-4859,  
E-mail: chrisx1959@yahoo.com

Hawaiian Airlines Meki Pei, mobile 808-208-5950,  
E-mail: mekipei@gmail.com

### Sources for Reliable Outbreak Related Information

#### Centers for Disease Control and Prevention

1600 Clifton Road  
Atlanta, GA 30329-4027  
1-800-CDC-INFO (1-800-232-4636) <http://www.cdc.gov>

#### World Health Organization

Regional Office for the Americas  
World Health Organization  
525 23rd Street, NW  
Washington, DC 20037  
202-974-3000  
<http://www.who.int/en>

#### GOIAM.org

Up to date information about the latest developments of the Corona virus situation

#### IAM141.org

Current Information for IAM District 141 members and their families