Your stress situation is at a high level.

It is normal to feel sad, stressed, confused, frightened, and angry during a crisis. Talking with someone you trust will make you feel better. Contact your friends and family.

To stay calm, don't rely on tobacco, alcohol or drugs. If you feel unbearable, talk to your healthcare professional or counselor. If needed, plan for where and how to get help for your body and mental health.

Thank the doctors, nurses and medical staff for their dedication. Stay home, stay safe.