

Coronavirus Disease 2019 (COVID-19)

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How to Prepare –

How It Spreads

Protect Yourself

Protect Your Family +

Protect Your Home +

Manage Anxiety & Stress

Symptoms & Testing +

If You Are at Higher Risk

If You Are Sick +

Frequently Asked Questions

Travel +

Manage Anxiety & Stress

Stress and Coping

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for many people. Fear and anxiety about a disease can be overwhelming and cause stress in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Everyone reacts differently to stressful situations. How you respond to a disease outbreak can depend on your background, the things that make you feel safe, the people you care about, and the community you live in.

People who may respond more strongly to the stress of a crisis include

- Older people and people with chronic diseases who are at higher risk
- Children and teens
- People who are helping with the response to COVID-19, like doctors and first responders
- People who have mental health conditions including problems with stress

Stress during an infectious disease outbreak can include