

WORKING ON CAMPUS



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KNOXVILLE

Know the facts about COVID-19 and help stop the spread of rumors. Seek medical advice if you develop symptoms or you think you may have been exposed to COVID-19.

FACT 1

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

FACT 2

There are simple things you can do to help keep yourself and others healthy.

- Wear a facial covering
- Practice social distancing
- Wash your hands often with soap and water for at least 20 seconds
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Stay home when you are sick
- Clean and disinfect frequently touched surfaces daily
- When possible, avoid public transportation and crowded settings

FACT 3

Race and ethnicity are not factors in this disease.

No racial or ethnic group is responsible for the illness.

FACT 4

Some groups are at higher risk for serious illness, and your actions can help protect them.

Older adults and people with serious underlying medical conditions are at higher risk for more serious complications. Even if you are at low risk yourself, practice precautions to protect yourself and others.

FACT 5

Someone who has completed quarantine or been released from isolation does not pose an increased risk of infection to other people.

Practice the same precautions with people in these groups as with anyone else.

FACT 6

Incorrect information is dangerous.

Obtain information from trustworthy sources, including the CDC and UT COVID-19 websites:

[cdc.gov/coronavirus/2019-ncov](https://www.cdc.gov/coronavirus/2019-ncov)

[utk.edu/coronavirus](https://www.utk.edu/coronavirus)

TIPS FOR DEALING WITH THE NEW NORMAL



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Keeping yourself healthy mentally as well as physically

DEVELOP AND MAINTAIN A ROUTINE

Create a daily schedule that includes work time, social time, play time, exercise, and sleep. A regular sleep routine may be the single most effective tool in your toolbox for coping.

One caveat: Don't be so rigid about your schedule that it creates more stress. The schedule should bring a sense of order, not additional worries. Things happen and you may need to be flexible with your schedule, but it can still help keep you on track.

STAY CONNECTED

Even if you're physically isolated, technology provides abundant opportunities to interact with friends and family. Use videoconference technology for face-to-face contact with friends, co-workers, and family, and use social media platforms to share news and offer support. If you're feeling lonely, others in your life are likely feeling the same way. Consider reaching out to check in on them. While asking for support may feel needy, offering support is empowering; it can help you feel useful—and paradoxically, less lonely and more supported yourself.

Remember, you can't fix or solve everyone else's problems. Just listen and care. Offer tips on what works for you if asked, but don't take on the need to make everyone else feel better. We cannot solve COVID-19, but we can all walk with each other through it—metaphorically if not physically.

USE MENTAL HEALTH RESOURCES

Take advantage of the many resources available to support mental health. Make sure you access reputable sources such as the National Institute of Mental Health and the American Psychological Association.

UT EMPLOYEE RESOURCES

**24/7 Emergency Help
for Distressed Faculty and Staff**
865-946-CARE (2273)

Employee Assistance Program (EAP)
855-Here4TN (855-437-3486)
hr.utk.edu/employee-assistance-program

Be Well
bewell.utk.edu/programs

Optum COVID-19 Resources
optumeap.com

UNPLUG FOR A WHILE

Remember that you need some down time every day. Increased screen time tires your eyes and brain due to the constant stimulation of light, color, movement, and sound.

Shut down all your screens for at least an hour or so each day to clear your mind and rest your eyes. Close them out again 30 minutes before bedtime—or an hour before if possible—to promote better sleep. If you can, use your device settings to reduce blue light.

LIMIT EXPOSURE TO NEWS

While it is important to keep up with the latest developments regarding COVID-19 and other news, constant exposure to the enormous human need around us can be overwhelming. Limit your exposure to an hour or less once or twice a day. Consider focusing on aspects of the story you can do something about: supporting efforts on social distancing, contributing to causes you care about, supporting people who might need a call, or simply acknowledging that we're all working together to meet this challenge. Spend some time watching or listening to shows, music, movies, or other entertainment that can enjoyably distract you.

GET OUTDOORS

If you're able, a walk, run, or bike ride—in your neighborhood, on campus, or on a nearby trail or greenway—is a great way to unplug and connect with nature and the changing seasons.

EXERCISE

Be sure to include physical activity in your daily routine, whether it's indoors or out. The benefits to mental health of routine moderate exercise cannot be overstated. If you have a health condition that may keep you from exercise, talk with your medical provider about options.

ACKNOWLEDGE THE GRIEF, FIND YOUR MEANING

Several writers have noted the profound grief and loss that we are all experiencing during this pandemic. The most effective way to cope with grief includes acknowledging your pain, remembering what you've lost, and celebrating the memories while also embracing your new life as it is now. This is an opportunity to use and develop your personal spiritual and emotional resources to find meaning and purpose in loss.

CONNECT WITH HELP

National Suicide Prevention Lifeline

800-273-8255 or text **HOME** to 741741

National Domestic Violence Hotline

800-799-7233 or text **LOVEIS** to 866-331-9474