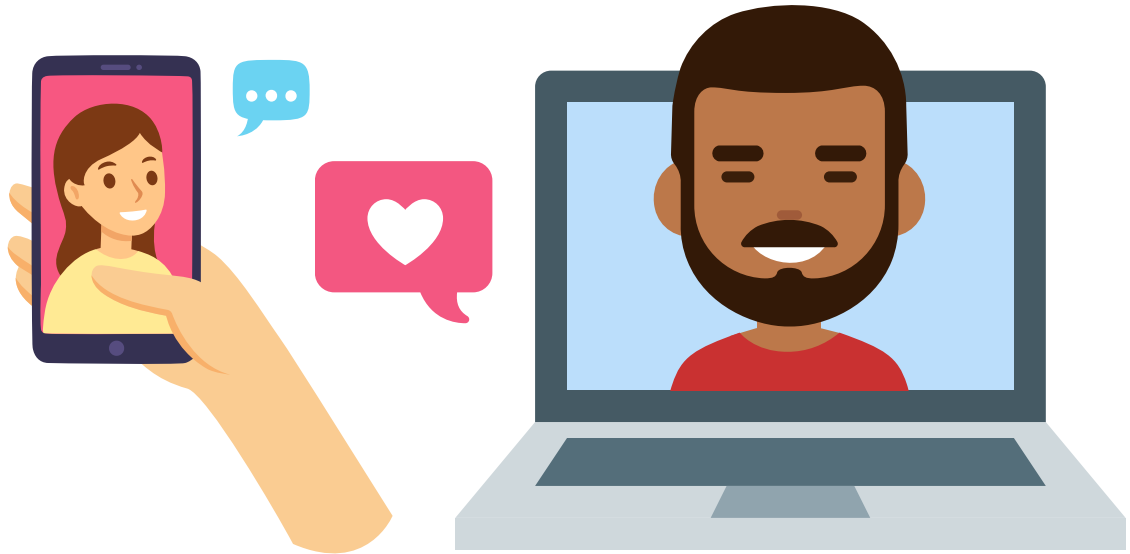




Coping with **stress** during a **crisis**

CONSTRUCTION REHAB PLAN 604-521-8611



1. TALK TO YOUR LOVED ONES

It's normal to feel sad, stressed, confused, scared or angry during the crises. Talking to people you trust can **help**.



2. MAINTAIN A HEALTHY LIFESTYLE

When at home, maintain a healthy lifestyle including proper diet, sleep, exercise and drink water. There are many **free** sources out there!



FOR MORE INFO CALL CIRP 1-888-521-8611

3. TRY WHERE POSSIBLE NOT TO INCREASE ALCOHOL/DRUG USE

If you feel overwhelmed, talk to CIRP 604-521-8611 or other healthcare counsellor. Don't be afraid to seek **help**.

CIRP 604-521-8611



4. GET THE FACTS

Gather information that will help you accurately determine your risk so that you can take **reasonable precautions**.

<http://covid-19.bccdc.ca/>