

# Coping with Stress Related to Ebola



**Getting sick with Ebola is extremely rare** – it has been around since the 1970's! You can only get Ebola by having direct contact with blood or other body fluids from a person who has Ebola. They cannot infect you before they feel ill. Below are some things you can do to prevent infection and to reduce the stress you may be feeling due to Ebola.

**Learn about Ebola:** How it is transmitted, what to watch for, how to protect yourself and others – find the latest facts at [www.cdc.gov/vhf/ebola](http://www.cdc.gov/vhf/ebola).

**Keep things in perspective:** What are your actual risks? Stay informed with reliable sources but limit your time watching media coverage.

**Stay healthy:** Pay attention to sleep, exercise, diet, and what you can do to protect yourself and others. Do things that you enjoy.

**Be Prepared:** Focus on what you can control; establish an emergency plan for your family, think ahead.

**Stay connected:** Keep contact with your family, friends, co-workers, neighbors, and anyone important in your life. If needed, call the **National Disaster Distress Helpline** at **1-800-985-5990** - you're not alone!

## Talking to Children



- Provide children frequent opportunities to talk about what they are seeing on TV and to ask questions.
- Answer questions at a level they can understand.
- Do not be afraid to admit that you cannot answer all of their questions.
- Monitor children's TV watching. Some parents may wish to limit their child's exposure to graphic or troubling scenes. To the extent possible, be present when your child is watching news coverage. It is at these times that questions might arise.
- Help children express their feelings and also understand that there are no bad emotions and that a wide range of reactions is normal.



Division of Behavioral Health Services  
[www.azdhs.gov/bhs/](http://www.azdhs.gov/bhs/)