



Are you worried about Coronavirus?

- You are not alone! Many people are experiencing feelings of worry, fear, and anxiety around the Coronavirus (COVID-19).
- Simple hygiene practices can reduce your risk of contracting COVID-19 and other viruses:
 - Wash your hands frequently for at least 20 seconds (sing the happy birthday song twice!) or use alcohol-based hand sanitizer.
 - Cover your coughs and sneezes with your sleeve or a tissue – not your hands!
 - Avoid touching your face with unwashed hands.
 - Stay home if you are not feeling well.
 - Contact Student Health Services (718-990-6360) if you have symptoms of fever, cough, or shortness of breath (especially if you have traveled outside of the US in the past two weeks).
 - It's not too late to get your flu shot – it won't prevent COVID-19, but it will lower your risk of influenza, which has similar symptoms.
- Some ideas for reducing stress and anxiety:
 - Limit media exposure and stick to a few trusted sources of information.
 - Avoid isolation and stay connected with loved ones – choose phone calls over texting as hearing the voice of friends and family can be comforting.
 - Stay physically active – walking outdoors in nature when possible.
 - Maintain your routine when possible.
 - Focus on self-care, including eating well and getting enough sleep.
 - Engage in mindfulness and relaxation practice.

For mindfulness exercises, please visit our TAO Connect website, at <https://thepath.taoconnect.org/login/> (log in with your St. John's email address) and click on the "Mindfulness Library" tab at the top.

If you need more support, the Center for Counseling & Consultation is here for you!

Staten Island Campus
718-390-4451
Spellman Hall, Room 101

Queens Campus
718-990-6384
Marillac Hall, Room 130

If our office is closed, please contact our After-hours Helpline at 718-990-6352.

For more information and tips, check out this article below: <https://www.npr.org/sections/health-shots/2020/03/03/811656226/pandemic-panic-these-5-tips-can-help-you-regain-your-calm>