It is essential to stay informed on the current situation, so you can follow the right instructions at the right time. Keep in mind that too much information can make us more nervous at times.

**Take it easy while on social networks**

- Read only our government publications. What happens in other countries does not necessarily apply to our situation here.
- Consult only trusted sites, such as Québec.ca/coronavirus or Santemontreal.ca/coronavirus.
- Make sure that the information is up to date, since information is changing daily.
- Don’t share just anything on social networks. Misinformation can have dangerous effects and may harm collective efforts.

**Make good use of social networks**

- Use them to keep in touch with family, friends and neighbors.
- Share your tips and tricks to keep the kids busy, to work from home, as well as your suggestions for TV series and videos.
- Watch videos that will make you smile, it’s important to laugh.
- Follow groups in your neighborhood or those who provide solutions or help support one another.

**Protect yourself from an information overload**

- Don’t listen continuously to news channels all day long.
- Set yourself a specific time during the day to listen to news. It could be the noon news update on television, for example.
- If you are afraid of missing important information, ask someone to let you know if there is an emergency.
**SPOT THE SIGNS OF DISTRESS**

Anxiety, anger or sadness may take up a lot of space. Everyone reacts to stress differently, for example.

- Lack of sleep. Not being able to relax.
- Crying often and being worried.
- Wanting to be alone most of the time.
- Blaming others.
- Having difficulty communicating. Asking others to repeat, because we can’t understand.
- Having difficulty accepting or giving help. No longer being able to take care of children, to help friends or family.
- Not being able to have fun.

**THINK DIFFERENTLY...**

Our realities are different, depending on whether we live alone, in a couple or a family.

The idea of having to stay home might seem like a lot. So why not take advantage of this imposed break to do the things you’ve never had the time to do and that don’t cost a thing, like: rearranging your drawers, cleaning up your pantry, sorting your clothes (too old, too small) making a photo album, etc. If you have kids, get them involved.

- Choose a specific activity every day.
- Phone someone close to you and check in on them.
- Accept that we have little control over this situation, and that by staying at home we help reduce the risks to our health and that of our loved ones.

**If you or someone close to you is finding it difficult to cope, ask for help. Here are some services that can help:**

- **Health line or Info-Santé 8-1-1**
- **Suicide Action Montréal 1-866-277-3553**
- You can also call 2-1-1 and they will redirect your call.

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**ADJUSTING TO MEASURES USED TO FIGHT COVID-19**

**SOCIAL DISTANCING, A SITUATION THAT REQUIRES SOME ADJUSTING TO...**

We are all going through a period of time where we should keep a safe distance between one another and stay home, this is what we call **social distancing**. This physical distancing is necessary to save lives and help better help those who are sick. For most of us, this is a major change. Therefore, it is important to take care of ourselves and others. Even if we are far away physically, we should remain connected and help one another.

Remain positive: Every action counts, whether you are staying home, entertaining your children or inquiring about your loved ones. We should respect the guidelines of public health in order to protect those who are most vulnerable and to save lives.

**THINK DIFFERENTLY...**

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The idea of having to stay home might seem like a lot. So why not take advantage of this imposed break to do the things you’ve never had the time to do and that don’t cost a thing, like: rearranging your drawers, cleaning up your pantry, sorting your clothes (too old, too small) making a photo album, etc. If you have kids, get them involved.

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**March 31 2020**

This information may change as the situation evolves.