

Fighting Pandemic FATIGUE

As we continue to live with the coronavirus (COVID-19) pandemic, a new phenomenon is on the rise – pandemic fatigue.



Pandemic fatigue is a real thing. We've had to make significant changes in the way we live – wearing a mask in public places, washing our hands repeatedly, and staying away from family and friends, to name just a few. Here are some tips and resources to help you sustain these new behaviors.

Try these strategies to cope with pandemic fatigue

- **Stay flexible with changing guidance and news about COVID-19.**
It can be hard to stay informed without getting overwhelmed with all of the information available. Try limiting yourself to just 30 minutes of pandemic news each day and follow a reliable source such as the CDC: [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus).
- **Practice safety precautions until they become second nature.**
Recommit to following safety precautions by practicing procedures like wearing your mask and washing your hands until it becomes second nature. Remember, you are doing the right thing to protect yourself and others, even if it is a slight inconvenience.
- **Keep supplies handy.**
Have a supply of extra face masks, hand sanitizer (at least 60% alcohol) or sanitizing wipes in your car and your backpack or handbag, and other key places to make it easy to grab one when you need it.



Recognize pandemic fatigue in yourself and others

Pandemic fatigue occurs when people show low motivation to comply with safety guidelines. Some may even disregard pandemic guidance such as social distancing, mask wearing and hand washing. Others may be reaching a breaking point from months of coping with isolation, caring for children or elders while, or managing stress caused by COVID-19.



Take care of your physical and emotional health

Stay up-to-date with your health care.

Maintain your health by completing annual preventive health care checkups and don't put off necessary medical care. If you are unsure about visiting a doctor's office during the pandemic, learn about options for virtual visits or telehealth appointments with your providers.

Take control today

If you don't discover a new hobby, learn a new language or get a jump start on fitness goals, it's OK. Dealing with a pandemic is enough of an accomplishment. Focus on what you can control during the pandemic and let the rest go. If you're worried about your mental wellbeing or have been delaying treatment, please contact your health care provider.

Helpful resources

- Centers for Disease Control COVID-19 information: [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)
- Employee Assistance Program: Employee Connect - 888.628.4824 - www.Guidanceresoures.com

