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Stress and Public Health Emergencies

As of this writing, there have been more than [120,000 cases of COVID-19](#) in 115 countries. The 24-hour news cycle and the necessity for healthcare workers to remain informed can make it difficult to maintain composure. Here are a few tips from various organizations to help professionals and the public avoid panic.

- [Taking care of your behavioral health: Tips for social distancing, quarantine, and isolation during an infectious disease outbreak.](#)
- [Mental health and coping during COVID-19.](#)
- [Coping with stress during infectious disease outbreaks.](#)
- [Pandemic panic? These 5 Tips can help you regain your calm.](#)

By Rachel Becker, MLIS

Werner Medical Library

1425 Portland Ave
Rochester NY 14621
(585) 922-4743
wernerlibrary.org

Consumer Health Information

922-WELL (922-9355)
wernerlibrary.org/wellness

Self-Care Sessions: Relax with a Therapy Dog!

April 6th 11 AM – 12 PM
Werner Medical Library

Join us in the library on April 6th for some puppy love! Cori the Therapy Dog and handler Christine Colucci will be here to discuss (and demonstrate) the benefits of pet therapy.