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PRESS RELEASE- For Immediate Release

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Alturas, CA- The outbreak of infectious diseases such as the recent Covid-19 (Coronavirus) can be a stressful time for individuals and communities.

"It is not uncommon to feel anxious or worried while listening, reading or watching the news. While it's necessary to keep up-to-date and make changes to daily life in order to help control the spread of Covid-19 (coronavirus), the constant news cycle coupled with social distancing measures can have a real impact on mental health." Said Stacy Sphar, Interim Director of Modoc County Public Health. "It's important during times like these to monitor your own physical and mental health, as well as safely stay connected to your community. Know the signs of stress and when and how to seek help for yourself, as well as loved ones."

The Center for Disease Control, Substance Abuse and Mental Health Services Administration and California Department of Public Health have released a handful of relevant and informative resources below:

- CDC: Mental Health & Coping During Covid-19
 - <https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>
- CDC: Stigma and Resilience During Covid-19
 - <https://www.cdc.gov/coronavirus/2019-ncov/about/related-stigma.html>
- CDC: Helping Children Cope with Emergencies
 - <https://www.cdc.gov/childrenindisasters/helping-children-cope.html>
- SAMHSA: Coping with Stress During Infectious Disease Outbreaks
 - <https://store.samhsa.gov/system/files/sma14-4885.pdf>
- SAMHSA: Taking Care of Your Behavioral Health: Social Distancing
 - <https://store.samhsa.gov/system/files/sma14-4894.pdf>
- CA Dept. of Public Health: Guidance Documents
 - <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Guidance.aspx>
- CA Immigrant Youth Justice Alliance: Covid-19 Resources for Undocumented Californians
 - https://ciyja.org/covid19/?fbclid=IwAR1FxdSGo4I3APBGH3lfx9kk_ua6TtTfOFWqc1E8a5TWS1Gx9nUIUsy4SqM

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