

## What is COVID-19?

COVID-19 is a new coronavirus discovered in Wuhan, China in 2019. For many people the symptoms are mild, but for some vulnerable groups, especially elderly or those with underlying health conditions, there is greater risk of severe illness.

### Symptoms\*

- fever or chills
- cough
- shortness of breath or difficulty breathing
- fatigue
- muscle or body aches
- headache
- new loss of taste or smell
- sore throat
- congestion or runny nose
- nausea or vomiting
- diarrhea



*\*This is not a list of all possible symptoms. Please consult with your medical provider if you have questions.*

Because COVID-19 is a new disease, scientists are learning about it each day. It is also a highly contagious disease. Maintaining a physical distance of six feet is recommended to stop it from spreading.

## Resources

ReWA counselors are trained in trauma-informed care and speak multiple languages.

Call for information or schedule an appointment:

### Refugee Women's Alliance Behavioral Health Program

124 4th Ave S., Suite 230

Kent, WA 98032

(253) 204-4705

WA Telecommunications Relay: 7-1-1

[www.rewa.org](http://www.rewa.org)

More information about COVID-19 is available in multiple languages from the Centers for Disease Control:

<https://www.cdc.gov/Pubs/other-languages/>



[www.rewa.org](http://www.rewa.org)

# DO YOU FEEL ANXIOUS OR STRESSED?

## Mental Health Impacts of COVID-19 Pandemic



**Are you feeling anxious or isolated? Are these feelings affecting your work or how you relate to others?**

It is normal to feel stressed or anxious in times of uncertainty. Immigrants and refugees have the additional stress of learning a new language and culture. Some may even be dealing with past trauma.

**There is help.**



## Do I Need Help?

First, determine how much your symptoms interfere with your daily life.

### Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others

#### If so, here are some self-care activities that can help:

- Exercising
- Engage in social contact (virtual or in person using facial masks and keeping 6 feet physical distance)
- Getting adequate sleep on a regular schedule

### Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily function and responsibilities
- Thoughts of death or self-harm

#### Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

Source: National Institute of Mental Health

## Healthy Ways to Cope with Stress

First of all, know the facts about COVID-19 and what to do if you get sick. The Centers for Disease Control has more information in multiple languages here:

<https://www.cdc.gov/Pubs/other-languages/>

There are also healthy ways to manage stress. If you can learn and practice the techniques below they can help make you and your community stronger.



Source: National Institute of Mental Health

## Personal Stories

The process of immigration and resettlement can be very stressful. ReWA's Behavioral Health program offers support. This is what ReWA clients\*\* say:

“Going to ReWA changed my life. I used to have panic attacks so often I was afraid to leave the house. After only a few sessions with my ReWA counselor I noticed a big change. Now, after 12 sessions, I feel like I have my life back. I can take my child to school and visit friends without worrying about panic attacks.  
—“Ara” from Afghanistan

“Every day I felt very down. I kept thinking about the past and was afraid something bad was going to happen. Two years ago, I went to ReWA and learned about triggers to stress and how to watch for warning signs. I also learned some coping skills: self-soothing, relaxation, and grounding. Now I know what to do when I feel distress.  
—“Mohamed” from Iran

“Since coming to the US a few years ago, I've been very depressed. Back home I had a supportive family, but here I felt isolated. At ReWA, my counselor helped me set goals to change my life. I started English classes, job training, and even got my driver's license! I made these changes for myself, and more importantly, to support my family.  
—“Noura” from Iraq

\*\*Names changed