

Coping while Quarantined

What Is Quarantine? Quarantine separates and restricts the movement of people who have been exposed to a contagious disease to see if they become sick. It lasts long enough to ensure the person has not contracted an infectious disease.

What Is Isolation? Isolation prevents the spread of an infectious disease by separating people who are sick from those who are not. It lasts as long as the disease is contagious.

Humans are social creatures – social isolation can become quite difficult in different ways.

Some typical reactions to being quarantined may include:

- Anxiety, worry, or fear related to
 - your own health status and/or the health status of others whom you may have exposed to the disease ☒
 - The experience of monitoring yourself, or being monitored by others for signs and symptoms of the disease ☒
 - Time taken off from school
 - The challenges of securing things you need, such as food and personal care items
 - Missing out on time with friends and family
 - How people may react to you once the quarantine is over

- Uncertainty or frustration about how long you will need to remain in this situation, and uncertainty about the future ☒
- Loneliness associated with feeling cut off from the world and from loved ones ☒
- Anger – at your situation, at how you may have been exposed, etc.☒
- Boredom and frustration because you cannot engage in regular day-to-day activities☒
- Uncertainty or ambivalence about the situation ☒
- A desire to use alcohol or drugs to cope ☒
- Symptoms of depression, such as feelings of hopelessness, changes in appetite, or sleeping too little or too much ☒
- Symptoms of post-traumatic stress disorder (PTSD), such as intrusive distressing memories, flashbacks (reliving a traumatic event), nightmares, changes in thoughts and mood, and being easily startled.

If any of these reactions last for days and/or you feel unable to cope on your own with them, reach out to UCC for help 585-275-3113.

What can you do to cope?

- Take steps to **get the facts**:
 - Stay up to date on what is happening but avoid watching or listening to news reports 24/7 since this tends to increase anxiety and worry.
 - Look to credible sources for information on the infectious disease outbreak such as www.cdc.gov or www.who.int.
- **Be your own advocate**. Ensure you have what you need to feel safe, secure, and comfortable. Work with UR staff to find out how you can arrange for groceries and toiletries to be delivered to you as needed.
 - Inform health care providers or health authorities of any needed medications and work with them to ensure that you continue to receive those medications.
- **Educate yourself**. Health care providers and health authorities should provide information on the disease, its diagnosis, and treatment.
 - Do not be afraid to ask questions—clear communication with a health care provider may help reduce any distress associated with quarantine or isolation.
 - Ask for written information when available.
 - Ask a family member or friend to obtain information in the event that you are unable to secure this information on your own.
- **Stay connected**
 - Call friends and family often and when you feel lonely or need support. Talk about your experiences and feelings to loved ones and friends.
 - Stay in touch with others via social media, Skype/FaceTime, Snapchat, texting, email, etc.
 - Use the Internet, radio, apps, and television to keep up with local, national, and world events.
- **Relax** your body often by doing things that work for you—take deep breaths, stretch, meditate or pray, listen to music.
- Maintain a sense of hope and **positive thinking**; consider keeping a journal where you write down things you are grateful for or that are going well.
- Think about how you've coped with difficult situations in the past and **reassure yourself** that you will cope with this situation too. Remember that quarantine won't last for long.
- **Exercise** regularly. Options could include YouTube videos, dancing, floor exercises, yoga, etc. Exercise is a proven treatment for stress and depression.
- Reach out to UCC to talk with a therapist via video or phone. Call 585-275-3113 to schedule a telehealth appointment.

Useful Resources

UCC	585-275-3113	National Suicide Prevention Lifeline	1-800-273-8255
UHS	585-275-2662	SAMHSA Disaster Distress Helpline	1-800-985-5990

TAO Self help <https://thepath.taoconnect.org> - all you need is a Rochester.edu address to sign up for an account.

UR Covid-19 information <https://www.rochester.edu/coronavirus-update/>