



A RESOURCE FOR HEALTHY LIVING FROM THE
GALLATIN CITY-COUNTY HEALTH DEPARTMENT

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Press Release Novel Coronavirus Resources

Is the uncertainty and constant flow of news coverage about the 2019 novel coronavirus (also known as COVID-19) causing unhealthy levels of worry for you or someone you know? Gallatin City-County Health Department (GCCHD) is providing resources to cope with the virus, and the anxiety it may be causing.

Although feeling anxiety about an illness is a normal human response, constant high stress can erode productive responses to crisis and steal joy from other aspects of our lives.

Public health officials are encouraging the public to stay informed about COVID-19 and to take precautions to limit its spread. But they also say it's important to take measures to manage anxiety.

"It is true that the virus can cause illness," said Matt Kelley, Health Officer with Gallatin City-County Health Department. "But our own worry and concern can also make us unhealthy if we don't manage how we deal with the situation."

To help cope, Gallatin City-County Health Department is providing access to two resources on its website: www.HealthyGallatin.org. Those resources include:

- **Tips for talking to your kids about coronavirus.** This information was adapted from a resource produced by the National Association of School Psychologists. Navigating conversations with your kids can be tricky, especially when they are hearing about the virus at school, on television and from their friends.

The [tips provided](#) include advice on how to engage children on the issue, including age-appropriate topics and how to best answer their questions. Behavioral health



professionals say it's important to listen to kids' concerns, validate their feelings, and share simple, fact-based information that may help them process the situation.

- **Social Media Toolkit for Coronavirus.** One of the biggest challenges for public health in responding to COVID-19 is dealing with misinformation on social media and the internet. Also challenging is the seemingly relentless flow of news on the issue, which can seem overwhelming and drive anxiety.

As a way to help organizations and individuals deal with these concerns, GCCHD has created a [social media toolkit](#) that include some simple tips for interacting on the topic on social media as well as a series of graphics to use on sites such as Facebook, Twitter, and Instagram.

Together, these resources will help our community spread consistent, factual information on the COVID-19 situation.

GCCHD also identified some other resources for those coping with stress from covid-19. Those resources are listed below:

A graphic novel approach to talking to young children about coronavirus:

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

More tips from a mental health professional on discussing coronavirus with children:

<https://www.tinabryson.com/news/coronavirus-talking-points-for-parents-amp-teachers-with-the-whole-brain-child-approach?rq=coronavirus>

