First Responders: Care for yourself one small way each day

- Treat yourself to healthy foods and get enough sleep
- Take breaks to relax and unwind through music, sports, gardening, or new hobbies
- Find new ways to safely connect with family and friends, get support, and share feelings

Take care of your body and get moving to lessen fatigue, anxiety, or sadness

Substance Abuse and Mental Health Services Administration’s Disaster Distress Hotline: call or text 1-800-985-5990

cdc.gov/coronavirus