WORRIES ABOUT EBOLA
What you can do

**Keep things in perspective.** Limit worry and agitation by lessening the time you and your family spend watching or listening to upsetting media coverage. Although you’ll want to keep informed — especially if you have loved ones in affected countries — remember to take a break from watching the news and focus on the things that are positive in your life and things you have control over.

**Get the facts.** Gather information that will help you accurately determine risks so that you can take reasonable precautions, if appropriate. Find a credible source you can trust such as your primary care provider, a local or state public health agency, or national and international resources such as the World Health Organization and the CDC.

**Stay healthy.** The risk of Ebola transmission is low. A healthy lifestyle — including proper diet and exercise — is your best defense against any threat. Adopting hygienic habits such as washing your hands regularly will also minimize your exposure to all types of germs and disease sources. Eat healthy, avoid alcohol and drugs, and take a walk or exercise. A healthy body can have a positive impact on your thoughts and emotions.

**Keep connected.** Maintaining social networks and activities can help maintain a sense of normalcy, and provide valuable outlets for sharing feelings and relieving stress. This may also be an ideal time to become more involved with your community by receiving and sharing effective information obtained from reliable sources.

**MAINTAINING SOCIAL NETWORKS AND ACTIVITIES CAN HELP MANAGE FEAR... THIS MAY BE AN IDEAL TIME TO BECOME MORE INVOLVED WITH YOUR COMMUNITY**

**ADDITIONAL HELP**
Overwhelming nervousness, a lingering sadness, or other prolonged reactions that adversely affect your life, work, or relationships are signs that Counseling and Psychological Services (CAPS) could be helpful. CAPS can help students deal with extreme stress by helping them find constructive ways to manage adversity. CAPS can be contacted at 831-459-2628, and caps.ucsc.edu has online stress management resources.