

PRECAUTIONS DURING COVID-19

You are urged to stay home and practice social distancing.



- Stay home except for essential errands such as the grocery store, pharmacy or gas station.



- Stay at least six feet away from other people. Wear a face covering over your mouth and nose when in public, including on walks or recreational activities.



- Do not gather in groups.



- Continue to wash your hands, use hand sanitizer, and cover coughs and sneezes with a tissue or your inner elbow.

For up to date information on how to protect yourself from COVID-19 please regularly check www.bphc.org.

WHEN DO YOU NEED MORE SUPPORT?

You know yourself best. If you or those closest to you notice that your symptoms aren't getting better or that you are having other uncomfortable reactions, it might be time to contact your doctor or counselor to let them know. You can also contact one of the resources listed below. You do not have to go through this by yourself.

RESOURCES

For crisis response services for youth and families impacted by community violence, contact the **Boston Neighborhood Trauma Team Support Line at (617) 431-0125**. Staff will respond to your call within 30 minutes.

In the event of a mental health emergency call the BEST Team at **(800) 981-HELP**

Samaritans Suicide Helpline:
Call or Text **(877) 870-HOPE (4673)**

Domestic Violence:
SafeLink 24/7 Hotline: **(877) 785-2020**

For COVID-19 Questions or other city services dial **311**

For all other emergencies dial **911**

Boston Public Health Commission
1010 Massachusetts Ave, Boston, MA 02118



Building a Healthy Boston
Mayor Martin J. Walsh

HEALING AFTER TRAUMA DURING COVID-19



WWW.BPHC.ORG

WHAT IS TRAUMA?

Trauma is the result of a frightening or scary event or situation. It is a reaction to an event or series of events that a person or community experiences as physically or emotionally harmful or life threatening. Trauma occurs when that harmful event takes over your ability to cope. For example witnessing or experiencing a violent event in your neighborhood, a bad accident, or the sudden death of a loved one may cause trauma.

COMMON REACTIONS TO TRAUMA

Trauma can impact us in different ways over time. It can make us feel unsafe, worried, or just not like ourselves. Sometimes it can even remind us of bad experiences from our past.

How you respond to trauma is personal. After a traumatic event you may experience a range of physical and emotional responses. For most however, these feelings should happen less and less over time.

While everyone responds differently, here are some common reactions that you may experience.

- Trouble sleeping
- Changes in your appetite
- Feeling tired or irritable
- Having nightmares
- Feeling nervous
- Feeling "numb" or having no feelings at all
- Feeling "jumpy" or like you need to check around you all the time
- Needing to keep your loved ones close to you
- Having "flashbacks" - seeing a replay of the trauma in your mind

Getting enough sleep

Even if you are having trouble sleeping, it is a good idea to lie down and rest at night. Try to resist drinking alcohol or taking drugs to help you sleep. If you are still not able to sleep after a few days, call your doctor or counselor.

Set a regular routine

It is important to set a regular routine for yourself. A routine will give you a sense of balance.

Being kind to yourself

After a traumatic event it's normal to feel shame or to blame yourself for what happened. But try to be easy on yourself and remember that these kinds of thoughts are normal.

Practice mindful media consumption

It's okay to take breaks from the news, and to be mindful of what we share or post. Try to balance staying informed with giving yourself permission to not read or watch upsetting and overwhelming media.

WAYS TO BEGIN THE HEALING PROCESS.

There are a lot of different things that you can do to help yourself feel better in the days and weeks after a traumatic event. One of the most important things that you can do is to take care of yourself. Some things that may be helpful include:

Spending time with family and friends

Social distancing during COVID-19 should not keep you from connecting with your loved ones. Make time in your schedule to text, call, or video chat with them. Let them know that it helps you to speak with them. If possible, video chat with family and friends on a regular basis. You can find free options to video chat with family and friends on WhatsApp, Facetime, Google Hangout, Skype, Zoom and many more. If video chatting is not an option for you, calling works just fine. During a time when you cannot be in close physical contact with friends outside those who live in your home, you can still find ways to share your love.

Connecting with your doctor or counselor

Call your doctor or counselor and let them know what you are going through. He or she may have some ideas for you .

Taking care of your body

Healthy eating, drinking water and staying active will help your body stay strong and will cleanse your system.

Talking about what happened when you are ready

When you feel ready, call someone you trust like clergy, a counselor or a doctor. Free and private support is available from the Boston Trauma Response Support Line 24 hours a day seven days a week by calling **(617) 431-0125**.