If you feel nervous about Coronavirus or Flu

Three Mindful Tips for Staying Healthy:

- **Pause**: Clear your thoughts and feelings for one minute
- **Breathe**: Inhale for 4 seconds, hold the breath for 4 seconds, and exhale for 4 seconds
- **Ground yourself**: Think of three things that you see, hear, smell, and taste in the

If you experience discrimination,

Consumers can seek help from:

- Anonymous Compliance Helpline
  📞 1-800-617-0415

Staff can report the incident to:

- Human Resources
- Work Assistance Program (CCA)
  📞 1-800-833-8707

If you feel isolated and want to talk with someone, speak to your direct staff who can connect you to mental health support

ICL provides counseling services. Ask your direct staff if you would like to talk with a therapist.

A Safe, Healthy Space for All

“In the event that a consumer contracts an infectious disease, the program staff will ensure the consumers’ safety and make immediate arrangements for containing the infection and protecting the health of non-infected consumers and staff.” — 13.1, *ICL Infectious Disease Policy*

People should not be judged based on their race or illness.

**Compassion**  
**Support**  
**Togetherness**

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Did You Know?
Both coronavirus and flu are types of infectious disease. They spread from person to person close contact.

What are Coronavirus & Flu?

Coronavirus
Virus that causes a flu-like respiratory illness. The current coronavirus (COVID-19) is a new type of virus discovered in humans.

Flu
A contagious respiratory illness caused by influenza virus. Currently, seasonal flu is caused by influenza A and B viruses.

Symptoms of Coronavirus & Flu

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<tr>
<th>Coronavirus</th>
<th>Flu</th>
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<tbody>
<tr>
<td>• Fever</td>
<td>• Fever or feeling chills</td>
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<td>• Cough</td>
<td>• Cough</td>
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<td>• Shortness of breath</td>
<td>• Sore throat</td>
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<td>• Runny or stuffy nose</td>
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<td>• Headaches</td>
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<td>• Fatigue (Tiredness)</td>
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<td>• Vomiting</td>
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<td>• Diarrhea</td>
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How To Stay Healthy
Wash your hands often with soap for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.

To learn more information, please call or visit the websites:
- NYC Department of Health and Mental Hygiene ☎️ 311
- Centers for Disease Control and Prevention 🌐 www.cdc.gov
- World Health Organization 🌐 www.who.int

It’s normal to feel nervous about infectious diseases. Knowing how to stay healthy and safe can reduce your anxiety.

To protect others from getting sick:
- Get your flu shot
- Call your doctor if you have fever, cough, or difficulty breathing
- Cover your mouth and nose when you sneeze or cough
- Avoid close contact with others when you have a cough and fever