

# First Responders: Care for yourself one small way each day



Find new ways to safely connect with family and friends, get support, and share feelings



Take breaks to relax and unwind through music, sports, gardening, or new hobbies



Treat yourself to healthy foods and get enough sleep



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](https://cdc.gov/coronavirus)