

# COVID-19: STRESS ON BOARD A SHIP



## Take care of your mental health

The coronavirus disease 2019 (COVID-19) pandemic may be stressful for crew.

- Fear and anxiety about this disease and other strong emotions can be overwhelming.
- Public health actions, such as social distancing by staying at least 6 feet apart and mask wearing, can make crew feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19. Learn more about COVID-19 public health actions: [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus).

Understanding your physical and emotional reactions to stress will help you manage stress.



Fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on.



Changes in sleeping or eating patterns.



Difficulty sleeping or concentrating.



Worsening of chronic health problems.



Worsening of mental health conditions.



Increased use of tobacco or alcohol and other substances.

Everyone reacts differently to stressful situations. For more information about coping with stress, please see:

[www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html](http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html).

### Need Help? Know Someone Who Does?

Use Crisis Text Line Chat at <https://www.messenger.com/t/crisistextline> or the National Suicide Prevention Lifeline Chat at <https://suicidepreventionlifeline.org/chat/>.

Call 1-800-273-TALK (1-800-273-8255) for English or 1-888-628-9454 for Spanish.

All are 24/7, free, and confidential for people in distress.



[cdc.gov/coronavirus](http://cdc.gov/coronavirus)

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