



*Coping with
Social
Distancing &
Isolation
measures
during
Covid-19*



During the course of managing the Covid-19 situation, individuals may be required to take measures to play a part in reducing the spread of infection. Some measures include social distancing, Quarantine Order (QO), Stay Home Notice (SHN), as well as the Leave of Absence (LOA). For more information on what each entails, visit <https://www.moh.gov.sg/covid-19/faqs>.

NORMAL REACTIONS TO EXPECT

a. **Anxiety, worry, or fear** related to:

- Your health status
- Health status of others whom you may have contact with
- How your friends, colleagues and family may feel if they need to go into quarantine as a result of contact with you
- The experience of monitoring yourself, or being monitored by others for signs and symptoms of the infection
- Time taken off from work and other commitments
- The challenges of securing things you need such as groceries and personal care items

b. Uncertainty about how long you will need to remain in this situation, and future outcomes

c. Boredom and frustration at the interruptions to day-to-day activities

d. Loneliness associated with feeling cut off from everyone else

e. Anger if you think you were exposed to the infection because of others' negligence

f. Concern about not being able to fulfil responsibilities towards those in your care

g. Helpless and hopeless towards the risk of infection

TIPS TO COPE DURING ISOLATION

Stay informed

- Take initiative to ask questions—clear communication with relevant officials may reduce any distress associated with QO, LOA or SHN
- Look to credible sources for information as common perception of risk during outbreak can be inaccurate

Advocate for your own needs

- Ensure you have what you need to feel safe, secure, and comfortable
- Work with officials or loved ones to find out how you can arrange for basic necessities to be delivered to your home

Reduce job stress

- Discuss with colleagues on how they can cover you in areas you are not able to fulfil
- Make arrangements with colleagues to help deliver essential work items if necessary

Connect with others

- Connect emotionally despite the physical distancing
- Reach out to social support through text messaging, calls, emails, skype, and etc

Stay committed to self care

- Relax your body often by taking deep breaths, stretch, meditate or pray
- Engage in activities you enjoy, e.g. exercising, cooking, painting, and etc
- Practise self-compassion by being kind and patient with yourself and detach from harsh judgments about self
- Maintain a sense of hope and positive thinking
- Practise gratitude - consider keeping a journal where you note down things you are grateful for or that are going well
- Maintaining hope by focusing on things you can control

*Staying Resilient
as ONE SPS*