

Managing Fear and Anxiety About Infection After Lockdown Lifts (Infographic)

Managing Fear and Anxiety About Infection After Lockdown Lifts

You've been on lockdown during the COVID-19 pandemic for what seems like an eternity. Though you may be longing for the easing of restrictions, it's natural to have mixed feelings. If you are still experiencing fear and anxiety after lockdown ends, consider the following:

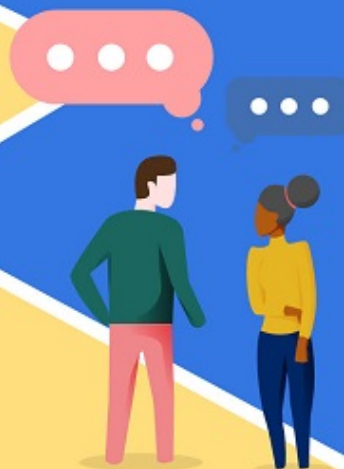


Continue practicing preventive measures.

Keep washing your hands, covering coughs and sneezes, and regularly cleaning and disinfecting surfaces.

Talk with your employer about your concerns.

Offer suggestions for what would be helpful for your workday, such as remote working or staggered shifts.





Get up-to-date information.

Keep yourself informed on guidelines by visiting the website of your local health authority. This can help reduce anxiety by giving you clarity.

Talk with your health care provider.

Discussing specific questions or concerns will help set your mind at ease.



Seek support.

If you are having difficulty coping, reach out to a counsellor at your organization's assistance program.

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