

Coronavirus Disease 2019

Daily Life and Coping



Coping with Stress

Coping with stress during a COVID-19 outbreak will make you, your loved ones, and your community stronger.

 [Household Checklist](#)

 [Stress and Coping](#)

 [Visiting Parks and Recreational Facilities](#)

 [Protect Yourself When Running Errands](#)

 [Caring for Children](#)

 [If You Have Animals](#)