



HEALTH ADVISORY

Mental Health and Psychosocial Considerations During COVID-19 Outbreak

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Mental Health and Psychosocial Considerations

LafargeHolcim is concerned for the health and safety of you and your fellow colleagues. We are following the development of the CoVid-19 (coronavirus) outbreak closely and are providing this guidance from the World Health Organization (WHO) to assist in your wellbeing. These mental health considerations were developed by the WHO's Department of Mental Health and Substance.

Advice:

- 1) Minimize watching, reading or listening to news that causes you to feel anxious or distressed; seek information only from trusted sources and mainly to take practical steps to prepare your plans and protect yourself and loved ones. Seek information updates at specific times during the day, once or twice. The sudden and near-constant stream of news reports about an outbreak can cause anyone to feel worried. Get the facts; not the rumors and misinformation. Gather information at regular intervals, from WHO website and local health authority's platforms, in order to help you distinguish facts from rumors. Facts can help to minimize fears.
- 2) During times of stress, pay attention to your own needs and feelings. Engage in healthy activities that you enjoy and find relaxing. Exercise regularly, keep regular sleep routines and eat healthy food. Keep things in perspective.
- 3) Protect yourself and be supportive to others. Assisting others in their time of need can benefit the person receiving support as well as the helper. For example, check-in by phone on neighbors or people in your community who may need some extra assistance.
- 4) Help children find positive ways to express feelings such as fear and sadness. Every child has their own way to express emotions. Sometimes engaging in a creative activity, such as playing, and drawing can facilitate this process. Children feel relieved if they can express and communicate their feelings in a safe and supportive environment.
- 5) Maintain familiar routines in daily life as much as possible, or create new routines, especially if children must stay at home. Provide engaging age appropriate activities for children, including activities for their learning. As much as possible, encourage children to continue to play and socialize with others, even if only within the family when advised to restrict social contract.
- 6) If you have an underlying health condition, make sure to have access to any medications that you are currently using. Activate your social contacts to provide you with assistance, if needed.
- 7) Be prepared and know in advance where and how to get practical help if needed, like calling a Taxi, having food delivered and requesting medical care. Make sure you have up to 2 weeks of all your regular medicines that you may require.
- 8) Learn simple daily physical exercises to perform at home, in quarantine or isolation to maintain mobility and reduce boredom.
- 9) Keep regular routines and schedules as much as possible or help create new ones in a new environment, including regular exercising, cleaning, daily chores, singing, painting or other activities. Help others, through peer support, neighbor checking, and childcare for medical personnel restricted in hospitals fighting against COVID-19 when safe to do so in accordance with previous ones. Keep regular contact with loved ones (e.g. via phone or other access).