



Get Reliable Information

When we face uncertainty about health risks, it is important to keep things in perspective.

Get your information during a public health emergency from:

- Your doctor or healthcare provider
- Your local Health Department
- flu.gov
- The Kentucky Department for Public Health:
<http://healthalerts.ky.gov>
- The Centers for Disease Control and Prevention:
 - cdcinfo@cdc.gov
 - 1-800-CDC-INFO
1-800-232-4636



100 Airport Road, 3rd Floor
Frankfort, KY 40601
kccrb.ky.gov



Coping with a Public Health Emergency



888-522-7228
24 hour response request

Coping with Public Health Emergencies

People exposed to a disaster generally act responsibly because they have sensory cues such as weather reports and media clips that enable them to assess the threat and plan their responses.

In a public health emergency there may not be any sensory cues. The “threat” such as an infection or disease is invisible.

It is normal to feel anxious or worried about a spreading disease due to the uncertainty and fear of the unknown.



Normal Reactions to a Public Health Emergency:

Physical:

- Headaches
- Tiredness
- Increased pulse
- Elevated blood pressure
- Changes in appetite
- Unexplained aches or pains
- Trouble sleeping
- Stomach aches

Emotional:

- Panic
- Anxiety
- Distrust
- Fear
- Anger
- Irritability
- Sadness
- Depression
- Blame
- Feeling Overwhelmed
- Increased Stress

Behavioral:

- Trouble concentrating
- Suspiciousness
- Inability to rest/relax
- Increased alcohol/drug use
- Excessive cleaning or washing
- Being overly cautious

Managing Your Reactions:

- ✓ Limit your exposure to graphic news stories
- ✓ Get accurate, timely information from reliable sources
- ✓ Educate yourself about the specific health hazard
- ✓ Maintain your normal daily routine, if possible
- ✓ Exercise, eat well, and rest
- ✓ Stay in touch with family and friends
- ✓ Keep a sense of humor
- ✓ Share your concerns with others
- ✓ Find comfort in your spiritual and personal beliefs
- ✓ Seek additional help if your reactions are interfering with your normal daily activities

