

MANAGING FATIGUE DURING COVID-19 PANDEMIC

STRATEGIES HELP TO WORK SAFELY



Employees: Recognize these are stressful and unusual circumstances and may need more time to sleep or recover.

- Eat healthy foods and stay physically active because it can improve your sleep.
- Before you go to bed avoid heavy meals, at least 2-3 hours before bedtime.
- Avoid caffeine within 5 hours of bedtime.
- Encourage regularly scheduled breaks in clean and safe areas where social distancing can be maintained.

Signs of stress during a pandemic:

- Changes in sleep or eating patterns.
- Difficulty concentrating.
- Worsening of mental health conditions.

Healthy ways to cope with the stress of a pandemic:

- Take breaks from watching, reading, or listening to news stories.
- Take care of your body with stretching and breathing exercises.

For more information please visit www.cdc.gov