

Health Check

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Special Edition

COVID-19

Coping with pandemic-induced anxiety

Most of us are (understandably) feeling a sense of dread as we learn more about the global spread of COVID-19. The 24-hour news coverage has certainly educated us, but may have also increased our fears. The stream of statistics, images, and sensationalized sky-is-falling media reports can make anyone feel anxious, depressed, and helpless.

Be aware – not fearful.

Try to remember that we're exposed to health risks throughout our lives. Yes, COVID-19 is new, but we have been able, as a community, to institute public health measures that have consistently been shown to be effective in helping control disease outbreaks like this in the past.

The World Health Organization, the U.S. Centers for Disease Control and Prevention, and our Kelsey-Seybold physicians have given us information about how to reduce our risks of contracting this virus. And by continuing to practice good health habits, such as frequent hand washing and maintaining social distancing, we help reduce the risk of spreading all communicable diseases, including this novel one.

By following directives from trusted sources, you're taking more control over this virus – instead of it controlling you.

Choose Virtual Healthcare first.

If you think you have COVID-19, but don't require immediate medical attention, contact your Kelsey-Seybold provider for Virtual Health services, including 24-hour healthcare advice and Virtual Visits.

Virtual Visits include Video Visits, Telephonic Visits, and E-visits. You will interact with a physician, physician assistant, registered nurse, or nurse practitioner. They can access your electronic medical record, evaluate your symptoms, and make appropriate recommendations – including which medications to use – based on your symptoms and health history. If needed, prescriptions can be sent to an on-site Kelsey Pharmacy or pharmacy of your choice.

Know that our clinics will remain open and, if necessary, physicians can still schedule an in-clinic appointment after your Virtual Visit.

For updated information regarding all Virtual Health options, go to **[Kelsey-Seybold.com](https://www.kelsey-seybold.com)**.

24-Hour Appointment Scheduling: 713-442-0000 • [kelsey-seybold.com/cares](https://www.kelsey-seybold.com/cares)