

Someone you know has tested positive for COVID-19 – what now?

Heightened negative emotions during the Covid-19 pandemic are normal. You might experience feelings such as anxiety, fear, sadness, helplessness, anger, and confusion. Your thoughts can also increase negative emotions, but thoughts are not always reality. Therefore, it is best to educate yourself and trust the facts.

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Stay calm



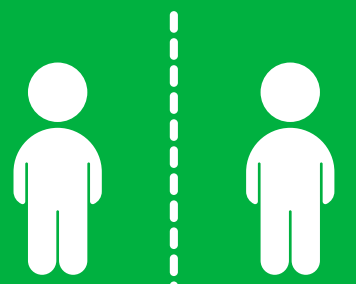
Be supportive
(virtually/remotely)



Assess your risk and
monitor your
symptoms



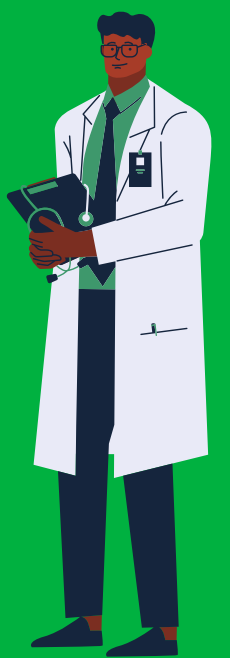
Ensure physical
distancing rules



Remember it is
normal to feel
anxious /
concerned



Follow the advice
of health care
professionals



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Panic



Discriminate /
Stigmatize



Judge /
Blame



Gossip



Visit them
physically



Make
assumptions



+27 51 401 2853 / +27 58 718 5032 | scd@ufs.ac.za / scdqq@ufs.ac.za | www.ufs.ac.za/kovsiecounselling

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