



**From the IIMHL and IIDL Update List**

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**WEBSITE**

**Center for the Study of Traumatic Stress  
Department of Psychiatry  
Uniformed Services University of the Health Sciences**

Infectious disease outbreaks, such as the novel Coronavirus (nCoV) increase fear and uncertainty. Knowing how to care for yourself and your family can reduce distress and allow people to function more effectively.

These educational fact sheets provide information and recommendations for healthcare personnel, families, businesses, and communities on caring for yourself and your family during this emerging infectious disease outbreak.

FACT SHEET: [Taking Care of Your Family During Coronavirus and Other Emerging Infectious Disease Outbreaks](#)

FACT SHEET: [Sustaining the Well-Being of Healthcare Personnel during Coronavirus and other Infectious Disease Outbreaks](#)

FACT SHEET: [Caring for Patients' Mental Well-Being During Coronavirus and Other Emerging Infectious Diseases: A Guide for Clinicians](#)

FACT SHEET: [Coronavirus and Emerging Infectious Disease Outbreaks: How Healthcare Personnel Can Support Military Families and their Health](#)

FACT SHEET: [A Leaders' Guide to Risk Communication in the Face of Coronavirus and Other Emerging Public Health Threats](#)

FACT SHEET: [Mental Health and Behavioral Guidelines for Preparedness and Response to Coronavirus and other Emerging Infectious Outbreaks](#)

FACT SHEET: [Coronavirus Preparedness & Response: Critical Elements for Business Planning](#)

<https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response>

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