Coping With Isolation or Quarantine in Hotel Settings

Isolation or being under a quarantine can affect your thoughts and feelings. Stress and anxiety are normal and understandable reactions to being physically separated from your friends and family, not having your normal routine, and being in a new environment like a hotel as you isolate or quarantine due to coronavirus disease 2019 (COVID-19).

While you are in isolation or quarantine, you may experience:

- Fear
- Anger
- Loneliness
- Anxiety
- Sudden mood swings
- Not feeling like yourself
- Headaches
- Trouble concentrating
- Changes in sleep
- Nightmares
- Stomach aches, constipation or diarrhea
- Changes in appetite

If you experience stress and anxiety while in isolation or quarantine, practice these stress-reducing activities:

1. Focus on things you can control.
   - Limit the amount of time you spend watching and reading the news. Stick to trustworthy information sources such as nyc.gov/health/coronavirus or cdc.gov/covid19.

2. Stay connected.
   - Talk daily to friends, family and other people who are supportive by phone, video chat, text or email.

3. Use relaxation techniques when you feel stressed or anxious.
   - Take slow, deep breaths. Breathe in through your nose and breathe out through your mouth. Notice your stomach expand as you breathe in, and feel it contract as you breathe out. Repeat.
   - Take a warm bath or shower.

Support and help are available.

If you feel overwhelmed, are struggling to cope or would like additional support, you can contact NYC Well, a confidential 24/7 helpline staffed by trained counselors who can provide brief counseling and referrals to care in over 200 languages. Call 888-NYC-WELL (888-692-9355), text “WELL” to 65173 or chat at nyc.gov/nycwell.

New York State’s COVID-19 Emotional Support Helpline is also available and staffed with specially trained volunteer professionals. They are there to listen, support and offer referrals to care from 8 a.m. to 10 p.m., seven days a week, at 844-863-9314.

The NYC Health Department may change recommendations as the situation evolves.