



## Coping with Isolation or Quarantine in Hotel Settings

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

For many New Yorkers, especially Black, Indigenous, other people of color, immigrants, those previously incarcerated, and survivors of domestic violence and abuse, isolation and quarantine can also bring up negative memories, such as incidents of police brutality, racial injustice and inequity and times when movement and behaviors were restricted. Many people are also experiencing financial distress. Isolation and quarantine may increase worries of unemployment. Knowing common reactions, tips for coping and where to go for help can help you manage when staying in isolation or quarantine.

### While you're in isolation or quarantine, you may experience:

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

### Support and help are available.

If you feel overwhelmed, are struggling to cope on your own, or want to talk to someone, let staff know. Trained staff can assist you while you are staying at this hotel. You can ask for their assistance at any time. Staff can help you:

- Keep in touch with your loved ones
- Find activities for you to spend time on
- Manage issues you may come across as a result of being in isolation or quarantine
- Connect you to financial, medical and emotional support services and resources

You can also contact NYC Well, a free and confidential 24/7 helpline, staffed by trained counselors. They can provide brief counseling and referrals to care in over 200 languages and other resources. Call 888-NYC-WELL (888-692-9355), text "WELL" to 65173 or chat at [nyc.gov/nycwell](https://nyc.gov/nycwell).

For resources related to financial help, food, health care or insurance coverage, and more, see the Comprehensive Resource Guide by visiting [nyc.gov/health/coronavirus](https://nyc.gov/health/coronavirus) and going to "Community Services." Ask for staff assistance to access this information if needed.

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

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