

NEW MEXICO COVID-19 PUBLIC HEALTH ORDERS

These public health orders protect our most vulnerable community members from getting sick



Wear a mask at all times over your nose and mouth in public



Isolate if you are sick or test positive for COVID-19

Quarantine if you are at risk of having been exposed or have had close contact with someone with COVID-19



Traveling outside of New Mexico or traveling to New Mexico from other states may require a 14-day quarantine

**CORONAVIRUS
HOTLINE**
1-855-600-3453

**TOGETHER
NEW MEXICO**

**NON-HEALTH RELATED
COVID-19 HOTLINE**
1-833-551-0518

SOCIAL HEALTH & COVID-19

Mental and social health is just as important to focus on as our physical health, especially during a pandemic where social-distancing measures can increase our stress levels. Reaching out to people we trust is a good way to reduce fear, depression, loneliness, and boredom during social distancing, quarantine, and isolation. Asking for help can feel tough, but it's an important first step to make sure we take care of our mental and emotional health.

REDUCING ANXIETY, WORRY, OR FEAR

- If you must take time off from work or are experiencing potential loss of income or job security seek out local resources for temporary assistance to support non-medical needs or call the non-health related COVID-19 hotline at **1-833-551-0518**
- Plan ahead and secure things you need, such as groceries and personal care items
- Notify your health care provider of any needed medications and work with them to ensure you continue to receive those medications
- Don't be afraid to ask questions - getting clear communication from a health care provider or authority will clear up uncertainties you may have
- Advocate for yourself and speak up about your needs during this uncertain time. You have a right to feel safe, protected, and comfortable
- Explain your current circumstances and request alternative bill payment arrangements with your utility, cable, and internet providers, and other companies from whom you receive monthly bills



NM Crisis And Access Line
1-855-NMCRISIS (662-7474)

National Suicide Prevention Lifeline
1-800-273-TALK | 1-800-273-8255

SAMHSA's 24-hour Disaster Distress Helpline
1-800-985-5990

Text "TalkWithUs" to 66746 or Español "Hablamos" al 66746

Make time to call or text family, friends and others. A simple check-in can go far!

Seek professional help for physical and mental health needs instead of using smoking, alcohol, or drugs to cope.

It's normal to feel sad, stressed, confused, scared, or angry. Talking to people you trust can help.

Maintain a healthy lifestyle as best as you can with proper diet, adequate sleep and exercise, and social interaction with loved ones at home or online.