Stress, anxiety take toll as COVID-19 outbreak dominates news
Psychiatrist shares advice on how to ease coronavirus anxiety

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AUGUSTA, Ga. (March 12, 2020) – Coronavirus (COVID-19) has been the leading news story for weeks now, making it an unavoidable topic.

From major airlines canceling flights due to a plunge in bookings to empty shelves formerly stocked with disinfectant supplies, it is safe to say COVID-19 has a lot of people on edge.

The news is necessary, but it can be overwhelming. As parents and teachers do their best to alleviate worry, the barrage of information is also affecting children who might not be able to understand, process or put into context the symptoms, the virus and the likely outcome of those who could become infected.

The growing anxiety will have an impact on mental health as our society moves forward while this virus runs its course. If you are a journalist interested in covering this particular angle topic, then let our experts help with your coverage.

Dr. Dale Peeples is an associate professor of psychiatry at the Medical College of Georgia at Augusta University and a practicing pediatric psychiatrist. He is available to speak with reporters about the anxiety and stress parents, kids and the public may be feeling regarding COVID-19. Click on his name to arrange an interview.

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