

## The Difference Between Preparation and Panic

As our community and society alters in preparation for the pandemic health threat, please remember there is a big difference between preparation and panic.

We want you to prepare.

We want you to take the best advice available.

But...we want you to do it calmly with reasonable expectations.

Don't panic.

Hysteria is dangerous. People become distracted. They miss important things. They may forget medications or run a stop sign. These types of miscues can be just as dangerous as the corona virus.

Be calm.

Be reasonable.

Accept the fact that calm and reasonable preparation is the best preparation. Excessive fear, anger, sadness will *not* make you safer. They will get in the way of good decisions.

Give your mind and emotions a rest at times. Appreciate a sunrise. Take a few deep breaths. And even venture to laugh a couple of times a day.

Do these things *while* you prepare reasonably. The preparation will be better. And the emotional impact of the crisis will be minimized.