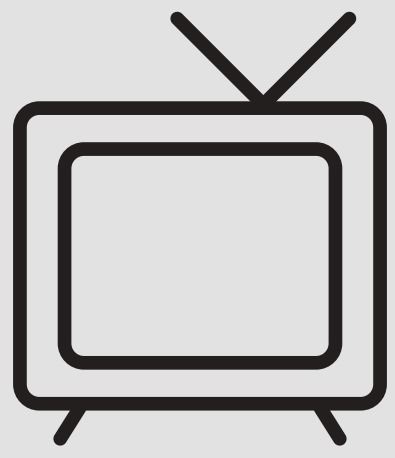
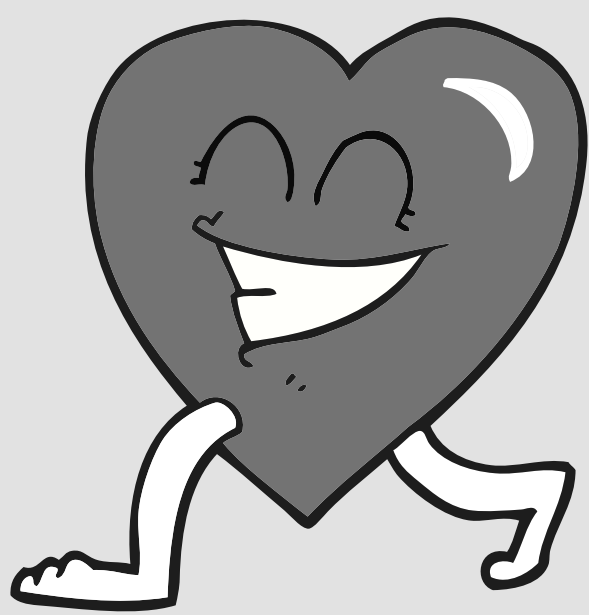


FOR YOU



Avoid **EXCESSIVE** exposure to media coverage

CONNECT through calls/text/internet



Add **EXTRA** time for daily stress relief

PRACTICE self-care



Focus on your **MENTAL** health

DON'T smoke, drink or use drugs to deal with emotions



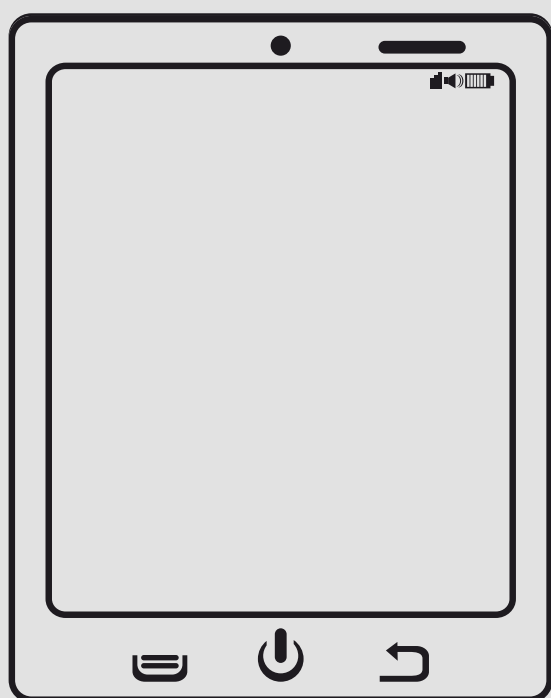
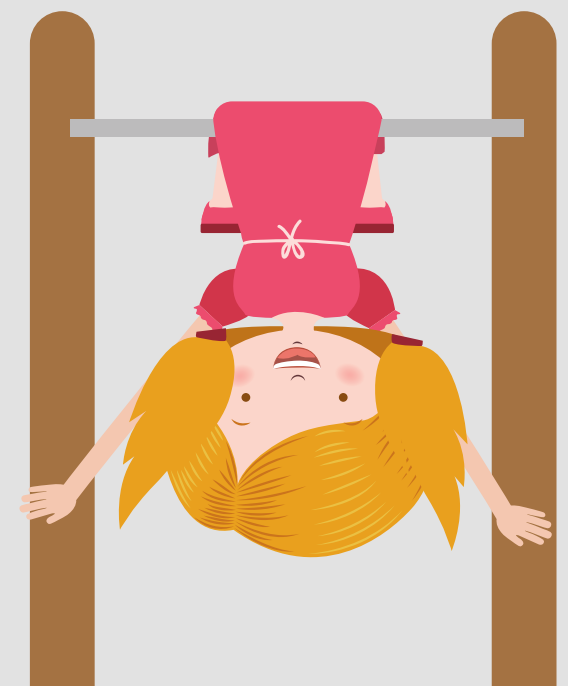
FOR KIDS

Reassure them
that they're **SAFE**



Let them **TALK**
about their worries

Give them
opportunities to
PLAY & relax



Limit their **NEWS**
exposure

Create a **ROUTINE**
& structure





FOR QUARANTINE / ISOLATION

- Keep in **CONTACT** with your loved ones via social media, texts, and phone calls
- Create a daily **SELF-CARE** routine
- Keep yourself **BUSY**: games, books, movies
- **FOCUS** on new relaxation techniques