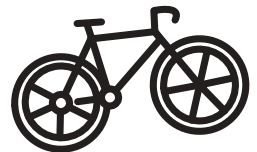
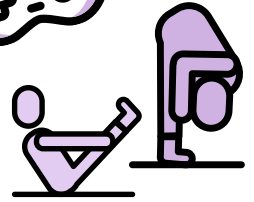




# Stay Mentally Well in Coping with COVID-19

1. Be informed about COVID-19 through **official sources**.
2. **Minimize** overload with news about COVID-19.
3. Maintain **connections** with friends and family regularly.
4. Spend time with your family for **recreational activities**, such as games, videos and readings.
5. Do simple daily **workouts** at home.
6. Engage in **outdoor activities** maintaining social distancing and wear face protective masks.
7. **Contact your health care provider** for symptoms of COVID-19, serious anxiety and depression that are affecting work, family and relationships.



## What to do if we face discrimination?

Speak up



Avoid direct conflicts



Be supportive of each other

