Stay Mentally Well in Coping with COVID–19

1. Be informed about COVID–19 through official sources.
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