Be **KIND** to address fear during #coronavirus

- Show empathy with those affected
- Learn about the disease to assess the risks
- Adopt practical measures to stay safe

Learn more to Be **READY** for #COVID19: [www.who.int/COVID-19](http://www.who.int/COVID-19)
Be **KIND** to support loved ones during #coronavirus

- Check in regularly especially with those affected
- Encourage them to keep doing what they enjoy
- Share WHO information to manage anxieties
- Provide calm and correct advice for your children

Learn more to Be **READY** for #COVID19: www.who.int/COVID-19
Be INFORMED
Be PREPARED
Be SMART
Be SAFE

Be READY to fight #COVID19

For the latest health advice, go to: www.who.int/COVID-19
Be SUPPORTIVE
Be CAREFUL
Be ALERT
Be KIND

Be READY to fight
#COVID19

For the latest health advice, go to:
www.who.int/COVID-19
Be READY for #coronavirus

WHO is giving advice on how to protect ourselves & others:

Be SAFE from coronavirus infection

Be SMART & inform yourself about it

Be KIND & support one another

Learn more about #COVID19 & share with your loved ones: www.who.int/COVID-19

United Nations

World Health Organization
Be SAFE from #coronavirus

if you are 60+ or if you have an underlying condition like:

- Cardiovascular disease
- Respiratory condition
- Diabetes

by avoiding crowded areas or places where you might interact with people who are sick.

Learn more to Be READY for #COVID19: www.who.int/COVID-19
Be **SMART** if you develop shortness of breath:

- Call your doctor
- Seek care immediately!

Learn more to Be **READY** for #COVID19: www.who.int/COVID-19
Be **SMART** & inform yourself about #coronavirus

- Follow accurate public health advice from WHO & your local health authority
- Follow the news on latest coronavirus updates
- To avoid spreading rumors, always check the source you are getting information from
- Don’t spread rumors

Learn more to Be **READY** for #COVID19: www.who.int/COVID-19