Manage Your Stress

Stay informed, focus on your strengths and make time to relax and rest.
A SHOUTOUT FOR EXCELLENCE!

Be Informed and Inform Your Family

Stay calm, avoid sharing unconfirmed news and become familiar with local medical and mental health resources in your community.
A SHOUTOUT FOR EXCELLENCE!

Be Sensitive

Speak up in kindness when you hear false rumors or negative stereotypes that foster racism and xenophobia.
Keep a positive attitude!