



## HOW TO DEAL WITH COVID-19 INFORMATION OVERLOAD

01



Minimize watching, reading or listening to news that causes you to feel anxious or distressed.

02



Seek information only from trusted sources in order to take practical steps to prepare your plans and protect yourself and loved ones.

03



Seek information updates at specific times during the day, once or twice.

04



Gather information at regular intervals, from WHO website and local health authorities platforms.

FACTS CAN HELP TO MINIMIZE FEARS