

# Care for yourself.

Feeling worried about Coronavirus Disease? You've heard about Coronavirus Disease or COVID-19. It's normal to worry, but sometimes our worries can get out of control. However, just like a cyclone, with the right knowledge and a little planning you can prepare yourself and your family.



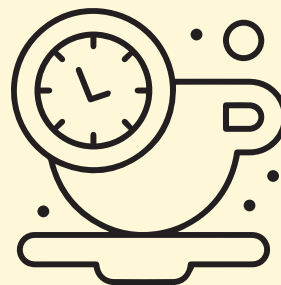
## **Take care of your body**

Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.



## **Make time to unwind**

Try doing some other activities you enjoy.



## **Switch off**

Take a break from watching, reading, or listening to news stories, including social media.



## **Connect with others**

Talk with people you trust about your concerns and how you are feeling.