The following are tips to help you cope with the emotional distress caused by COVID-19:

1. Manage your stress
   - Refer to credible sources for updates
   - Maintain a routine & make time to relax and rest

2. Be informed & inform your family
   - Become familiar with local medical and mental health resources in your community
   - Avoid sharing unconfirmed news

3. Connect with your community online or on the phone
   - Keep contact with family and friends online or through phone
   - Join community/faith groups online

4. Reach out & help
   - Call friends & family to check-in
   - Keep their confidentiality
   - Consider an act of kindness such as having a meal delivered

5. Be sensitive
   - Avoid blaming anyone or assuming someone has the disease because of the way they look or where they or their families come from
   - Speak up in kindness when you hear false rumors or negative stereotypes that fosters racism