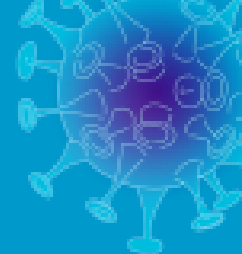


# Be **KIND** to address fear during #coronavirus



Show empathy with those affected



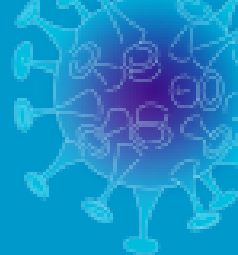
Learn about the disease to assess the risk



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 address stigma during #coronavirus



Share the latest facts



Show solidarity with  
affected people



Tell the stories of people who  
have experienced the virus

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](http://www.who.int/COVID-19)





# 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](http://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](http://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](http://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](http://www.who.int/COVID-19)

