

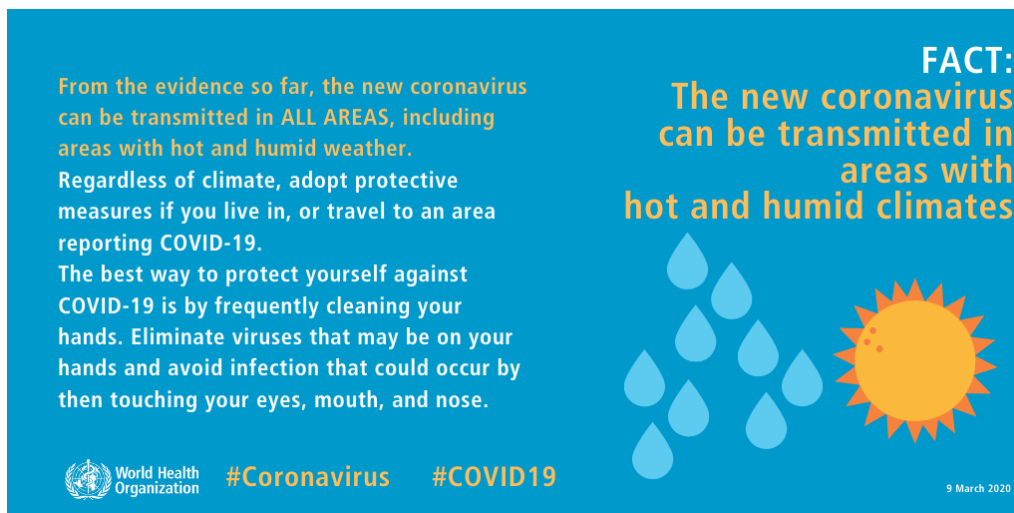


OUR HEALTH- TIPS TO PRACTICE

ADVICE FOR YOUR MENTAL HEALTH FROM THE WORLD HEALTH ORGANIZATION (WHO)

"Minimize watching, reading or listening to news that causes you to feel anxious or distressed; seek information only from trusted sources and mainly to take practical steps to prepare your plans and protect yourself and loved ones. Seek information updates at specific times during the day, once or twice. The sudden and near-constant stream of news reports about an outbreak can cause anyone to feel worried" **WHO: Mental Health and Psychosocial Considerations During COVID-19 Outbreak**

MYTH-BUSTERS FROM THE WORLD HEALTH ORGANIZATION (WHO)



From the evidence so far, the new coronavirus can be transmitted in ALL AREAS, including areas with hot and humid weather. Regardless of climate, adopt protective measures if you live in, or travel to an area reporting COVID-19. The best way to protect yourself against COVID-19 is by frequently cleaning your hands. Eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.

FACT:
The new coronavirus can be transmitted in areas with hot and humid climates

World Health Organization #Coronavirus #COVID19 9 March 2020

To check all the other myth-busters please click on the link below to educate yourselves

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>