1: Be empathetic
COVID-19 could affect anyone from anywhere.

2: Choose your words carefully
If someone has COVID-19, they are “people who are being treated for or recovering from COVID-19”.

3: Avoid information overload
Try not to watch, read or listen to news that causes you to feel anxious or distressed. If you can:
• Seek info that helps you take practical steps to protect yourself and loved ones
• Seek info updates at specific times during the day once or twice
• Seek info from government and local health authority platforms to help distinguish facts from rumours.

4: Be kind
You can protect yourself and be supportive to others. Assisting others in their time of need can benefit the person receiving support as well as the helper.

5: Share positive stories
Amplify the voices of your colleagues and loved ones. Send your stories, images or messages of thanks to Synergy News.

6: Honour healthcare workers
... and all others supporting people affected by COVID-19 in your community.
SoR President: “You have our sincere support and gratitude”.

7: Take care of your physical wellbeing
Try to eat well, get regular exercise, make time for activities you enjoy and look after your sleep.