You have less stress and you have a great control of your mental state.

It is important to communicate with people in the workplace and family, to exercise and take a walk to move your body, to find hobbies and interests and do whatever you want to enjoy.

Ventilate the room regularly.

Thank the doctors, nurses and medical staff for their dedication. Thank the workers in the grocery store, the courier, the truckers, and the farmers. Stay home, stay safe.