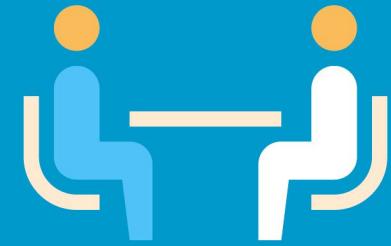
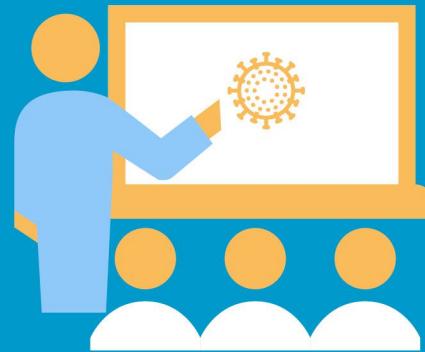


# Be **KIND** to address fear during #coronavirus



Show empathy with those affected



Learn about the disease to assess the risks



Adopt practical measures to stay safe

Learn more to Be **READY** for #COVID19:  
[www.who.int/COVID-19](http://www.who.int/COVID-19)



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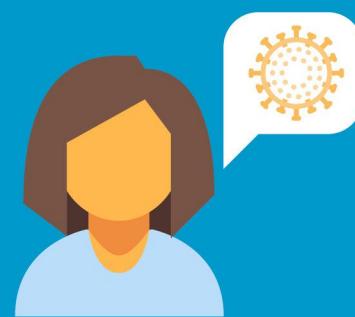
# Be **KIND** to address stigma during #coronavirus



**Share the latest facts & avoid hyperbole**



**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)**



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# Be **KIND** to support loved ones during #coronavirus



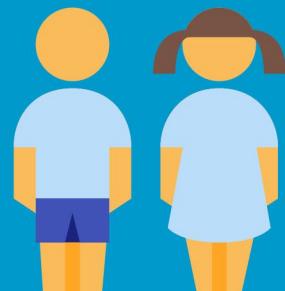
**Check in regularly especially with those affected**



**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)**

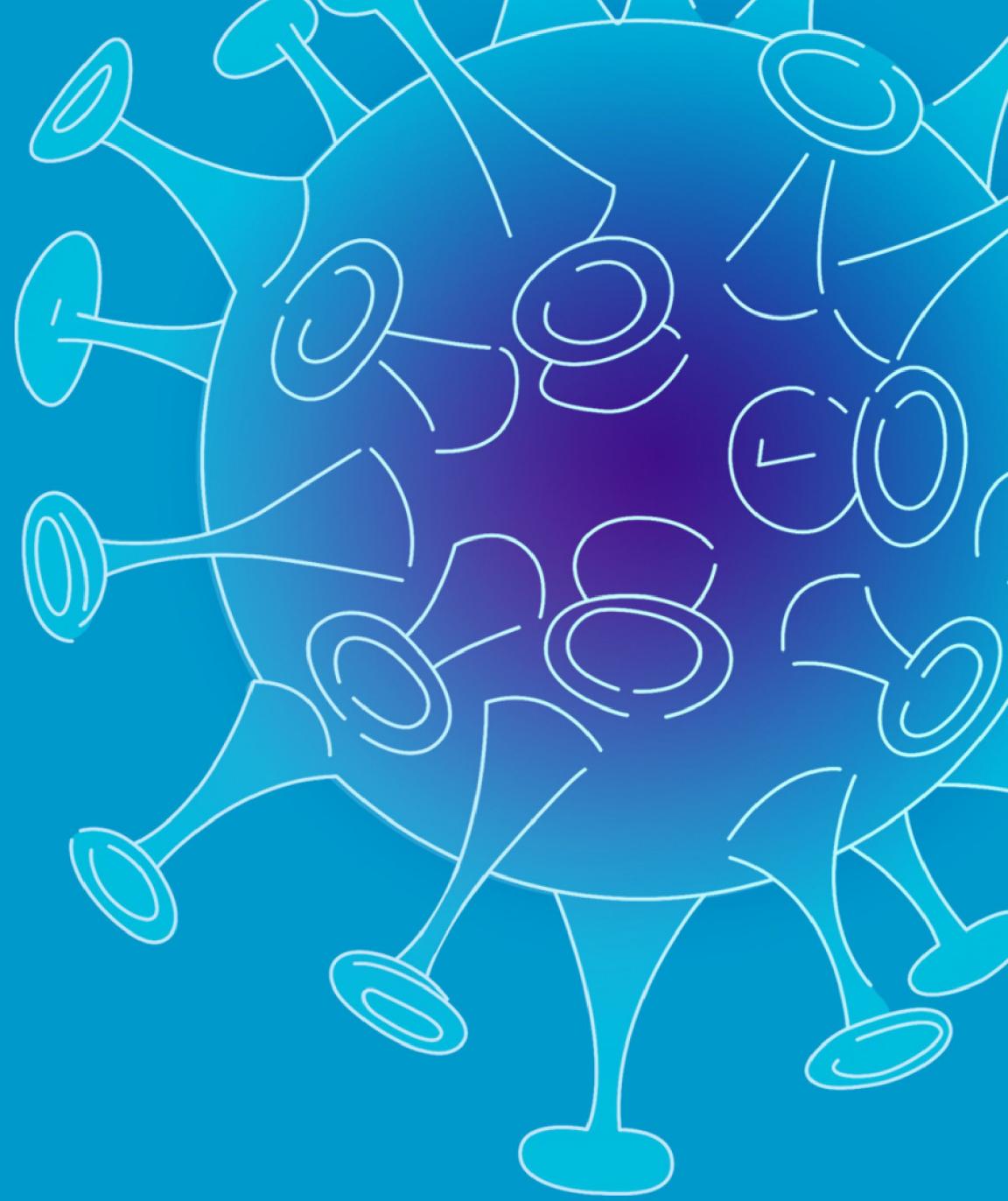


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**Be INFORMED**  
**Be PREPARED**  
**Be SMART**  
**Be SAFE**



**Be READY to fight  
#COVID19**

For the latest health advice, go to:  
[www.who.int/COVID-19](http://www.who.int/COVID-19)



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**Be SUPPORTIVE**

**Be CAREFUL**

**Be ALERT**

**Be KIND**

**Be READY to fight  
#COVID19**

**For the latest health advice, go to:  
[www.who.int/COVID-19](http://www.who.int/COVID-19)**



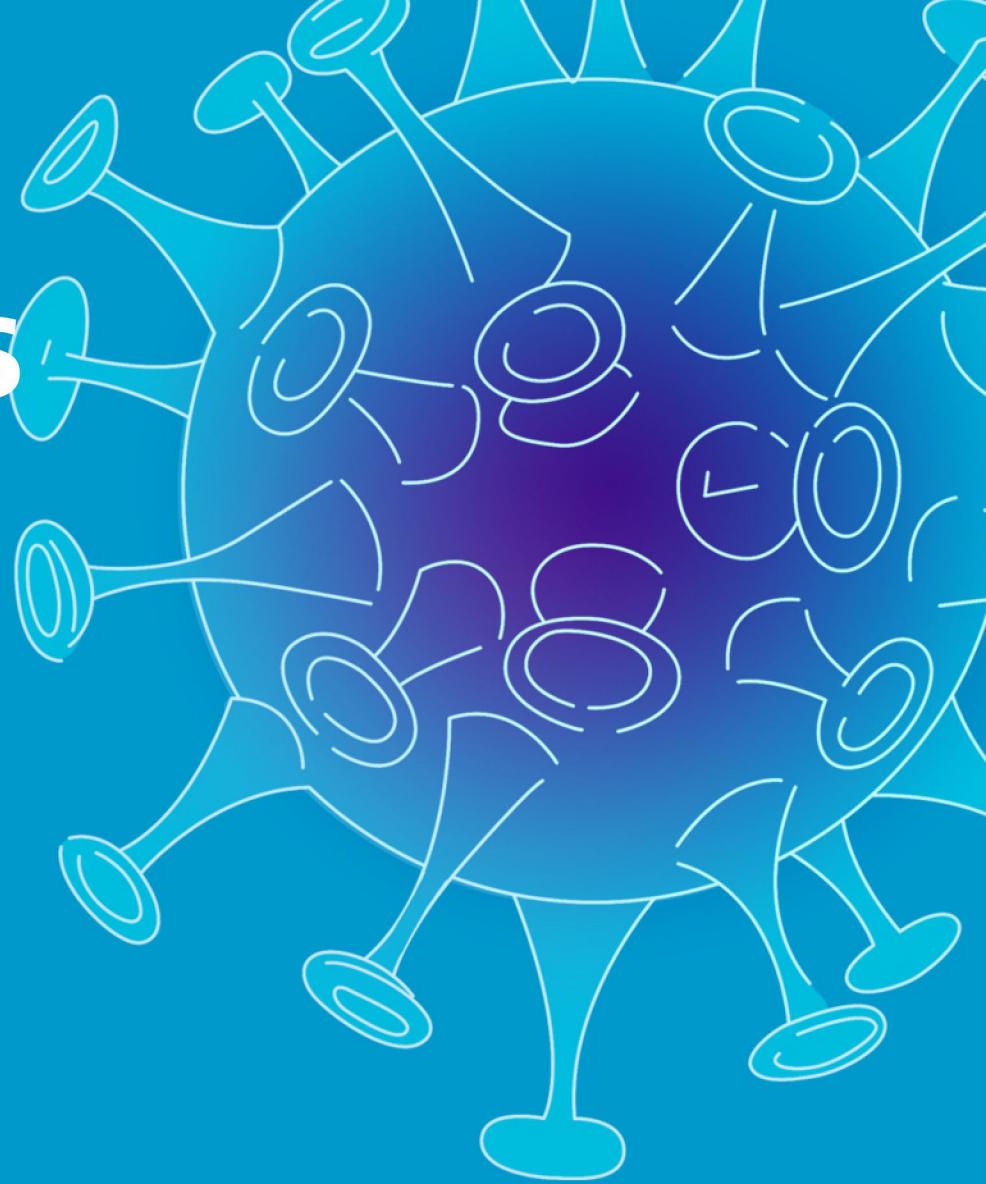
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Be **READY** for #coronavirus

**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

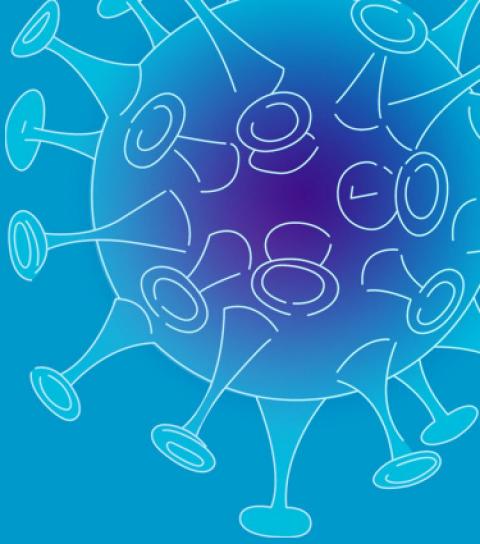
Learn more about #COVID19 & share with  
your loved ones: [www.who.int/COVID-19](http://www.who.int/COVID-19)



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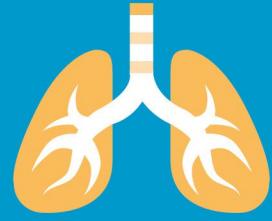


# Be **SAFE** from #coronavirus

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)**

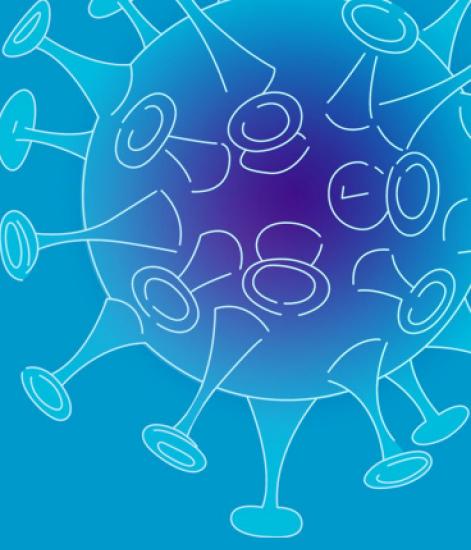


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Be **SMART** if you develop  
shortness of breath:



Call your doctor



Seek care immediately!

Learn more to Be **READY** for #COVID19:  
[www.who.int/COVID-19](http://www.who.int/COVID-19)

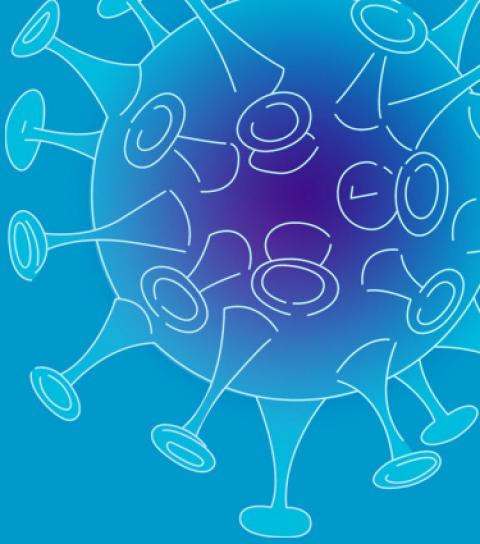


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# Be **SMART** & inform yourself about **#coronavirus**



**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)**



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