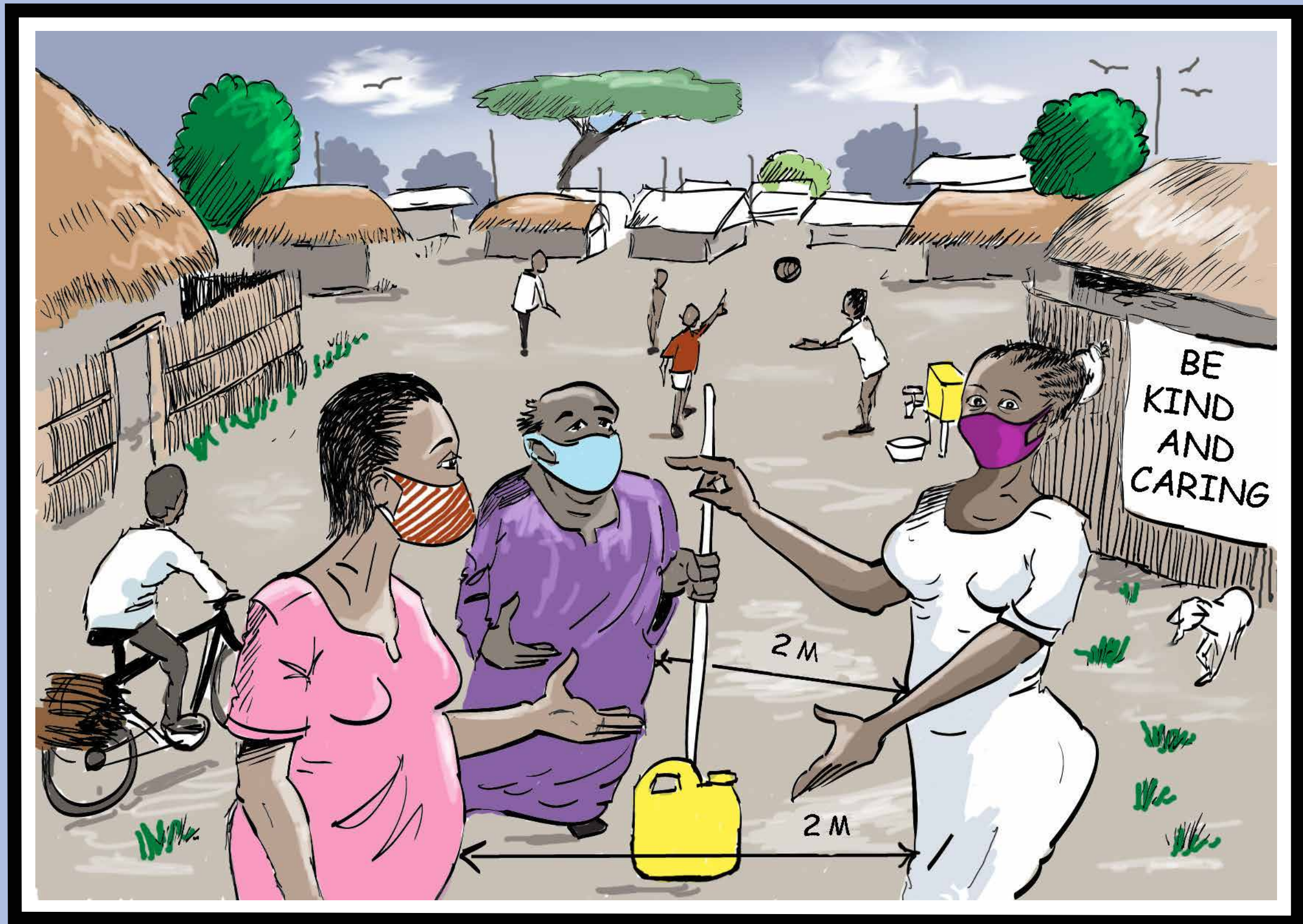


**Be kind and caring towards your community.  
Practice COVID-19 preventive measures.**

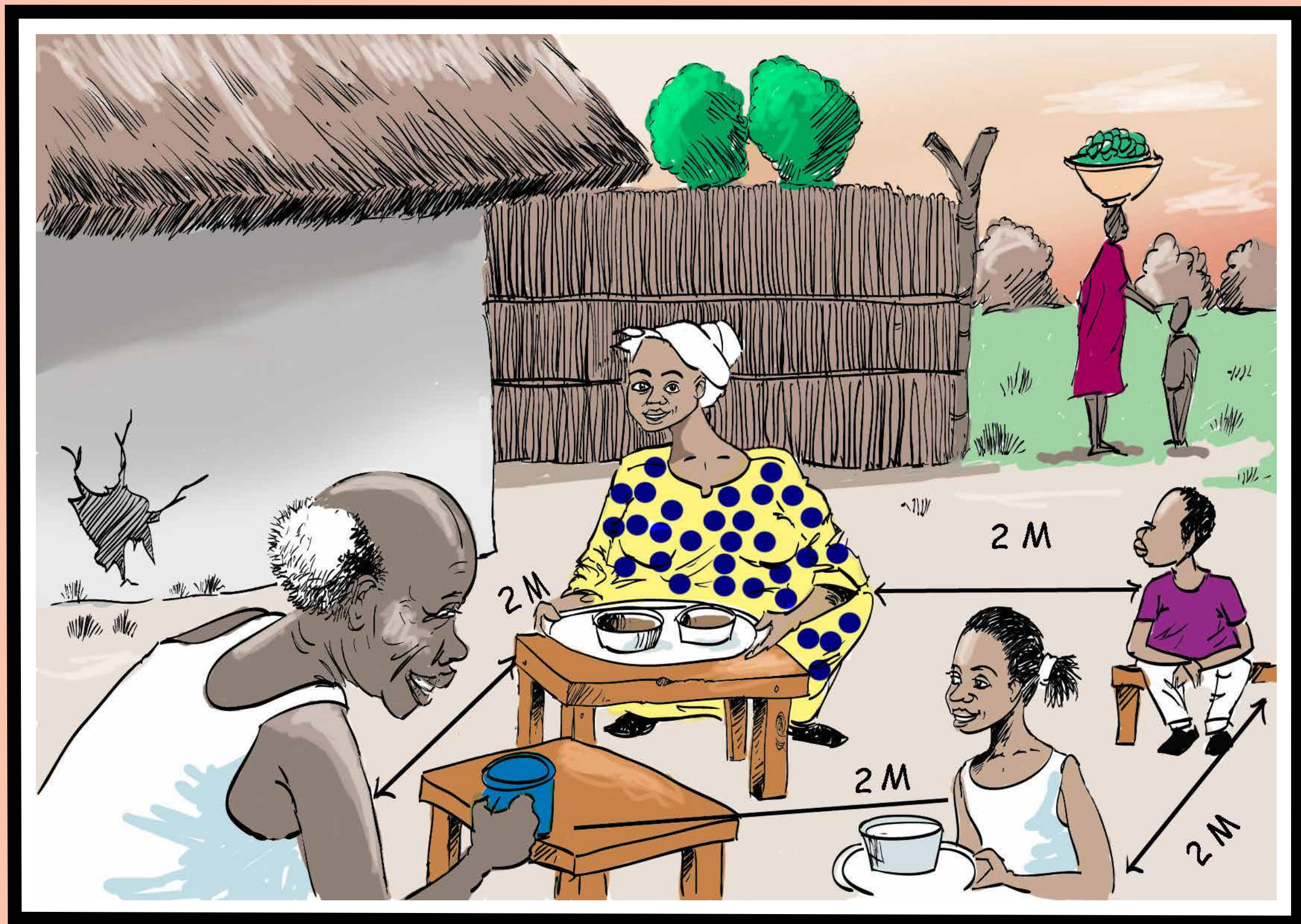


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Ensure support is available – Care for the elderly, show love.

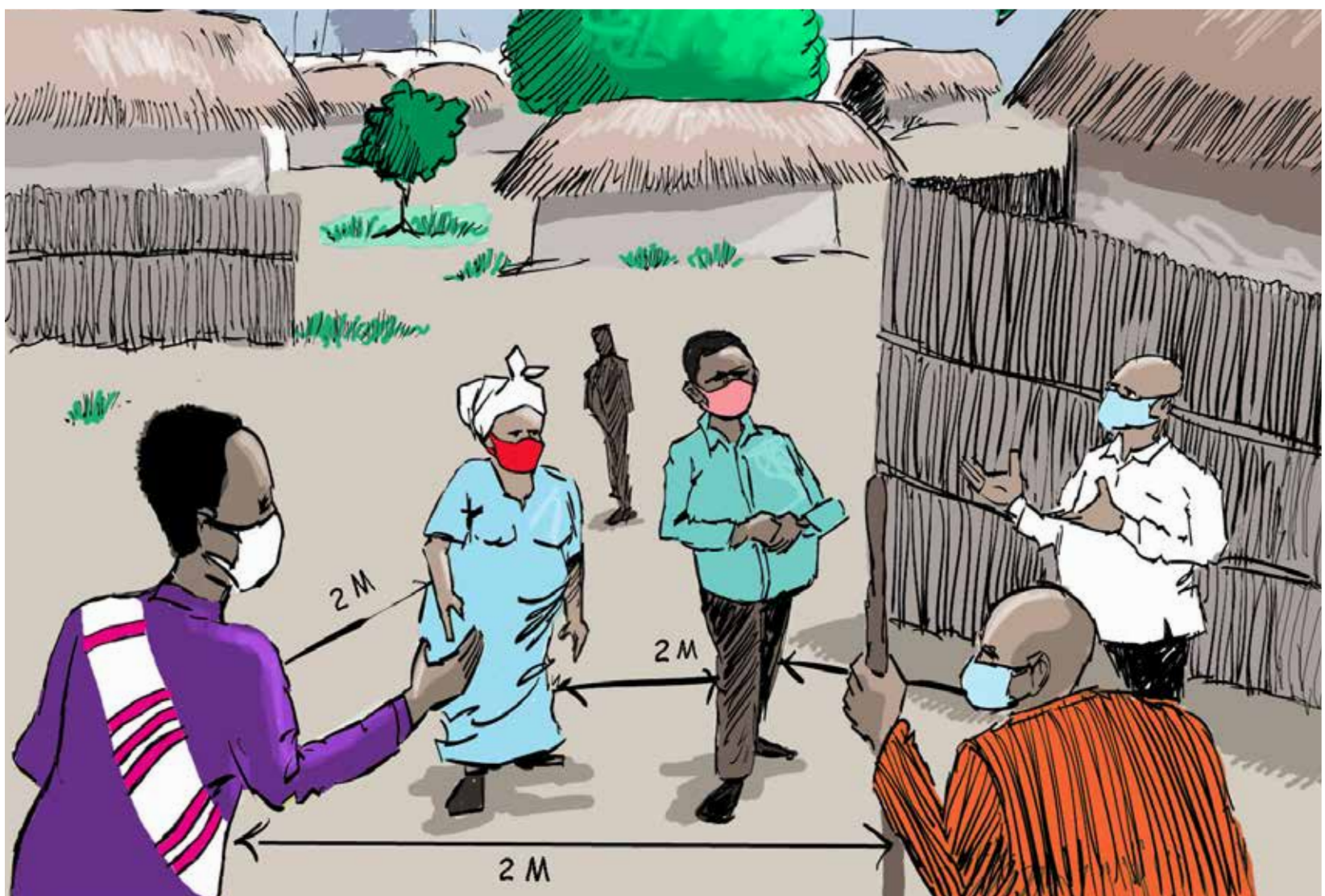


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**Promote a sense of safety, Promote a sense of calm – Share facts and evidence about COVID-19 with your community.**

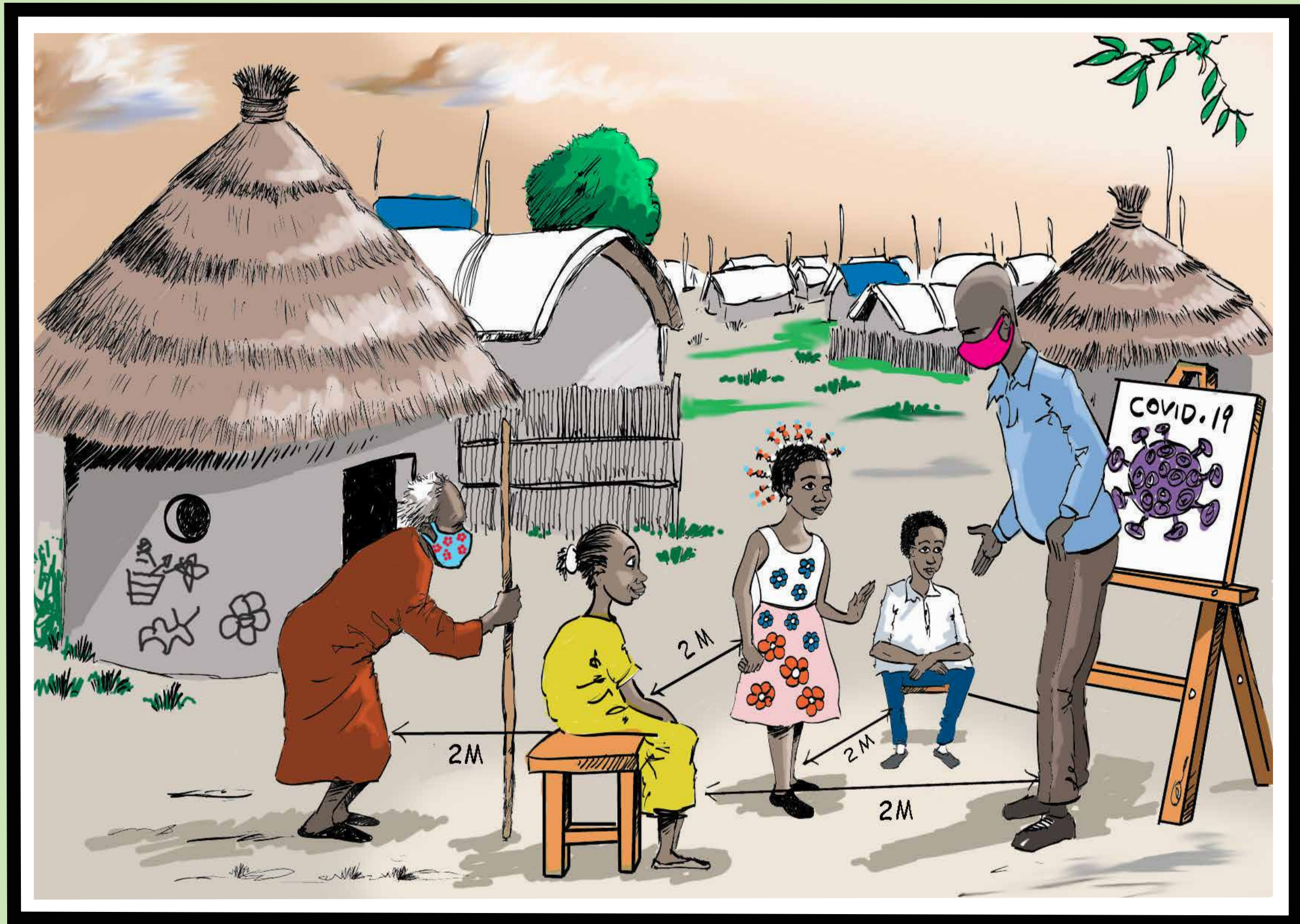


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Encourage children to express themselves – Be attentive and provide updates on COVID-19 in a child-friendly way.

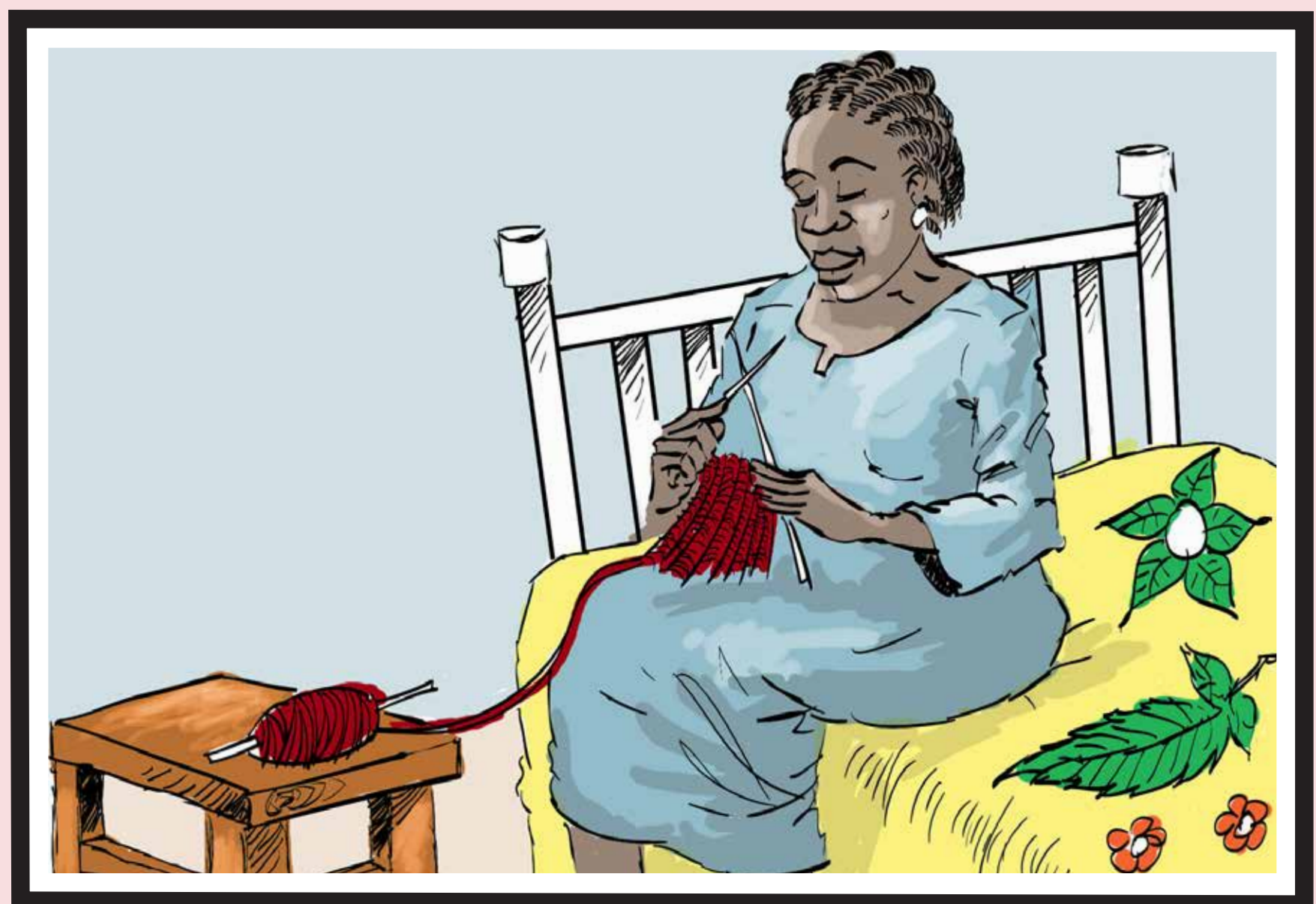
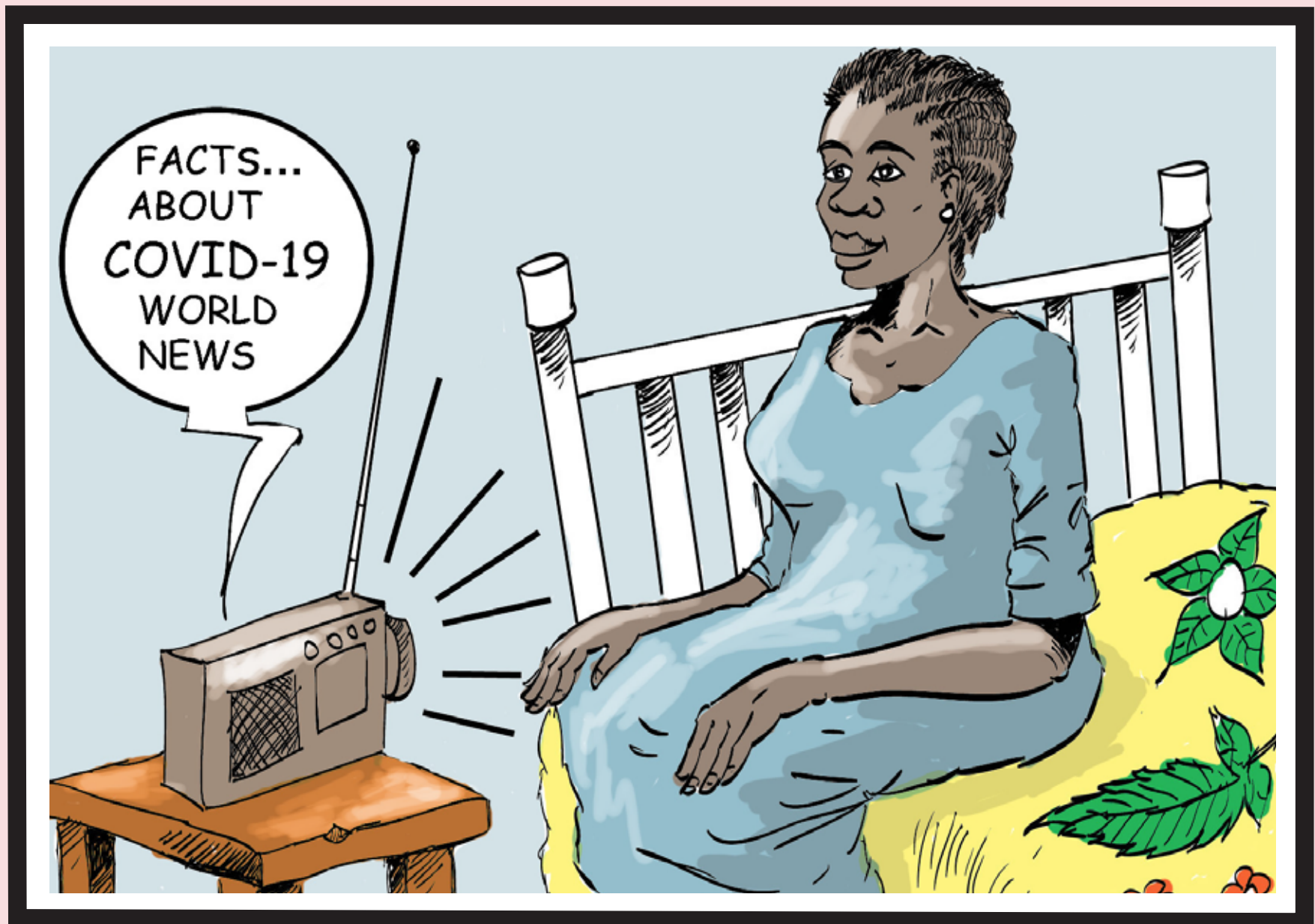


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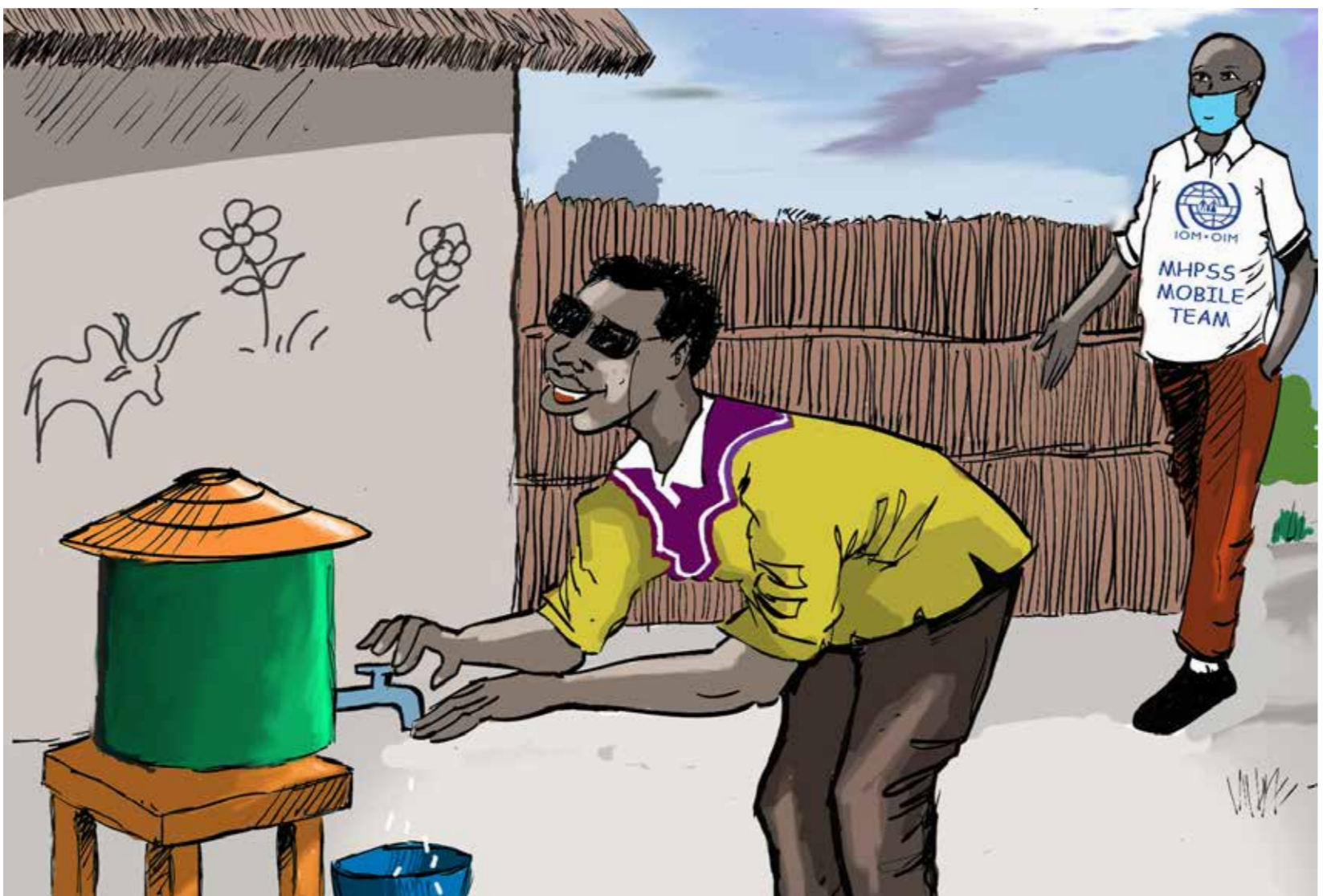


**Limit exposure to news about the virus.  
Stay positive while self-isolated and keep a  
daily routine.**





**Support people with disabilities.  
Leave no one behind.**



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## Support and care for people with mental health conditions.



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# Support front-line workers responding to COVID-19. Don't stigmatize them.

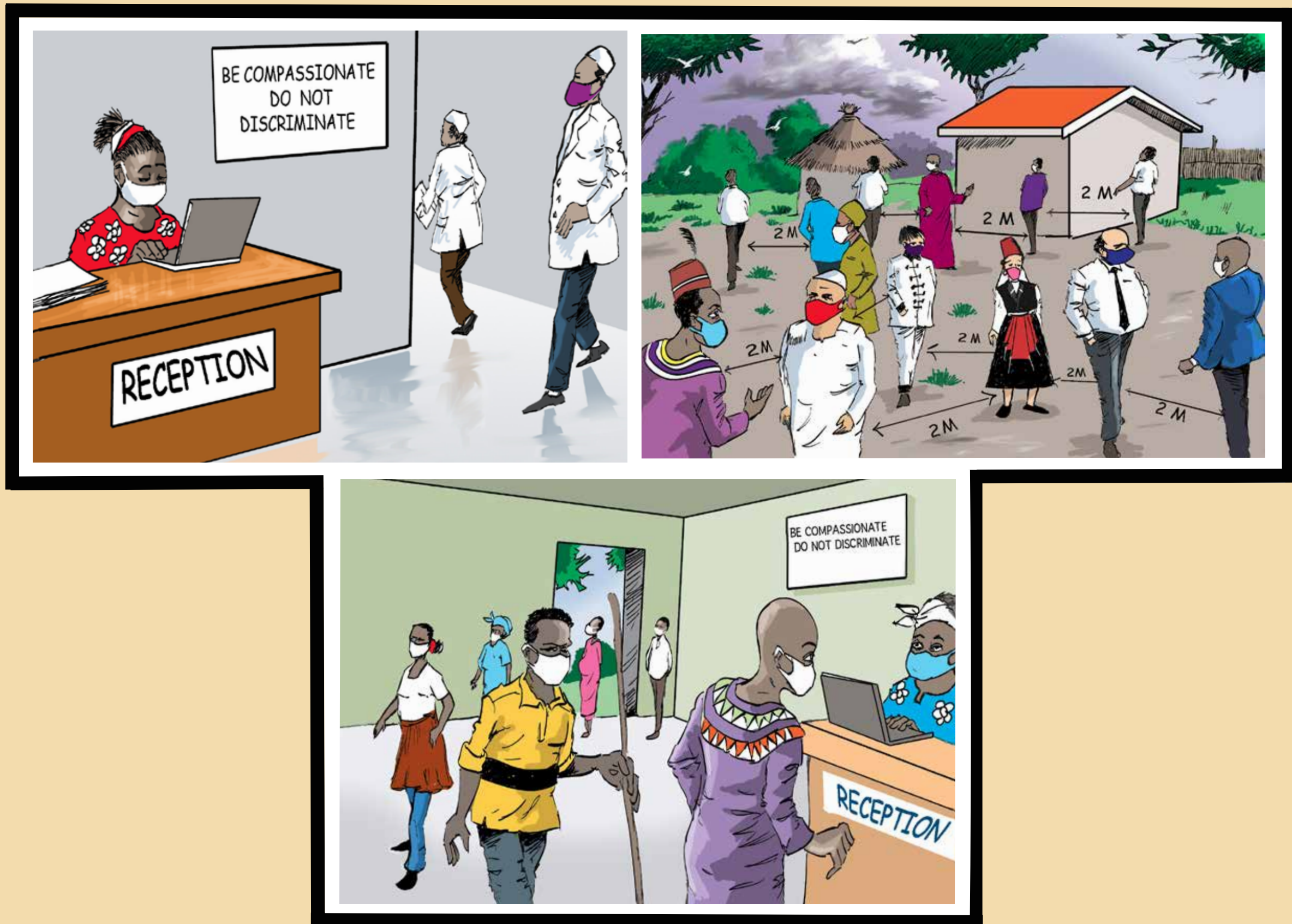


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**COVID-19 respects no borders, neither does it favour any ethnicity.  
Be compassionate, do not discriminate people infected with COVID-19.**



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