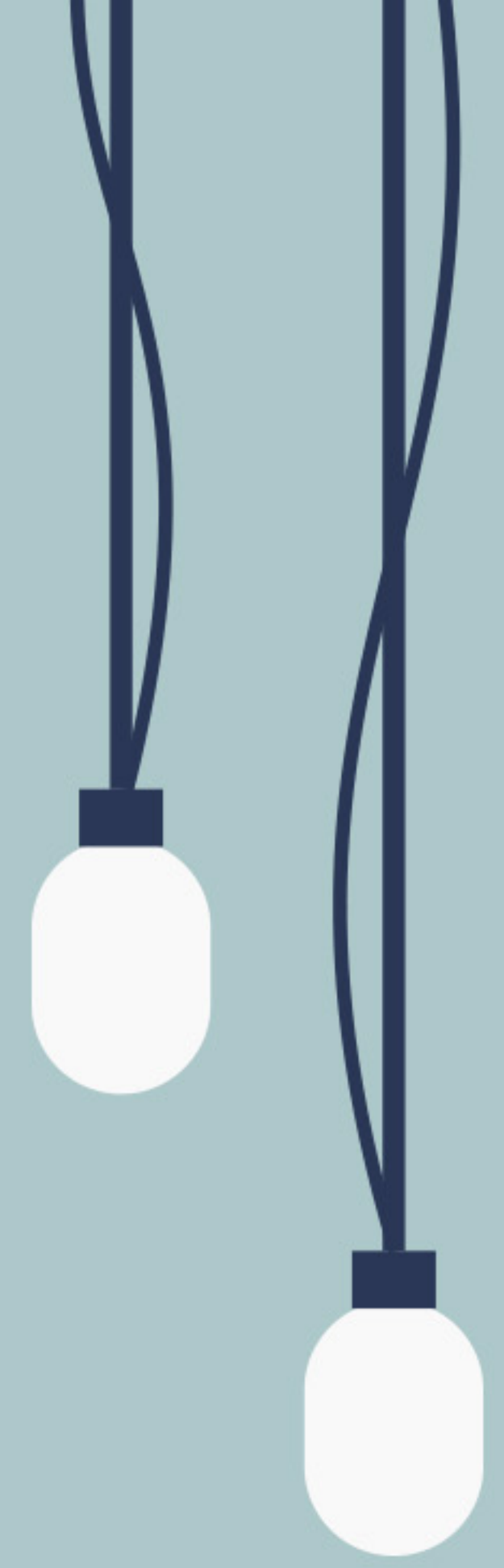


# HOW TO READ NEWS ABOUT THE CORONAVIRUS?



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# HOW TO READ NEWS ABOUT THE CORONAVIRUS?

## Do not panic

Do not follow the news 24/7; indeed, 10 minutes in the morning and then in the evening is enough

Customize your social media feeds to interact less with content which may upset you



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# HOW TO READ NEWS ABOUT THE CORONAVIRUS?

## Double-check all figures and facts against several reliable sources

These include, in particular, World Health Organization, national health departments, mainstream media outlets which refer to the above, and research institutions. It is best to have more than one source of information. These sources, however, must not contradict each other



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# HOW TO READ NEWS ABOUT THE CORONAVIRUS?

## Only share what you are certain about

Avoid posting or reposting information if you are not certain that it is accurate

Support your posts with links to sources. The same applies to chats and conversations on the topic with family and friends



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# HOW TO READ NEWS ABOUT THE CORONAVIRUS?

## Read selectively

Avoid focusing heavily on the disease statistics which can be an additional source of panic, but instead read more about keeping yourself and your loved ones safe



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