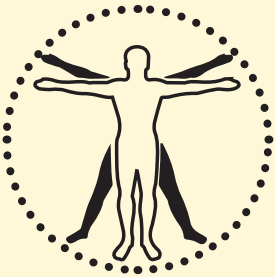# Care for yourself.

Feeling worried about Coronavirus Disease? You've heard about Coronavirus Disease or COVID-19. It's normal to worry, but sometimes our worries can get out of control. However, just like a cyclone, with the right knowledge and a little planning you can prepare yourself and your family.
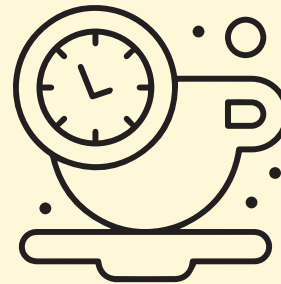

Take care of your body
Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
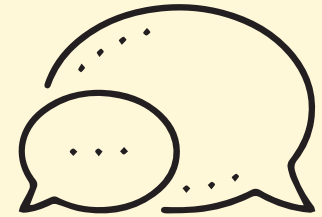

Make time to unwind
Try doing some other activities you enjoy.

Switch off
Take a break from watching, reading, or listening to news stories, including social media.

Connect with others
Talk with people you trust about your concerns and how you are feeling.