

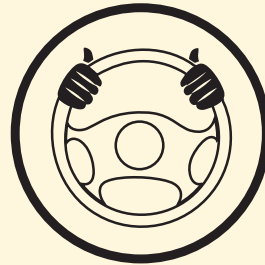
# Feeling worried about Coronavirus Disease?

You know about 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. Here's some simple advice to help you manage your worries.



## GET THE FACTS

Don't follow the rumours.  
Check out reputable sources  
[www.covid19.gov.ck](http://www.covid19.gov.ck)



## TAKE CONTROL

Follow advice given by Te Marae Ora – this is science.



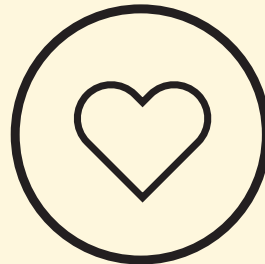
## BE FLEXIBLE

You may have to change some plans.



## BE PREPARED

Have a plan for your family.



## LOOK OUT FOR EACH OTHER

Be kind and take care of each other.



## CONNECT WITH OTHERS

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

W E A R E I N T H I S T O G E T H E R