TOP TIPS FOR MENTAL HEALTH IN A CRISIS

1. Research and learn
2. Accept your worries
3. Look after yourself
4. Consider the information you receive
5. Focus on what you can control
6. Think about prevention, not avoidance
7. Think about your impact on others
8. Focus on the present moment
9. Be prepared to say ‘no’
10. Don’t be afraid to ask for help

For more information on this:
What is COVID-19?
A new virus, Coronavirus disease (COVID-19) is causing outbreaks of 
RESPIRATORY INFECTION.
Some cases are MILD, but some are 
SEVERE and can be lethal.

SYMPTOMS INCLUDE:
Fever
Cough
Sore throat
Shortness of breath / Difficulty breathing

IF YOU DEVELOP SYMPTOMS, SEEK MEDICAL CARE.
Inform your healthcare provider prior to 
the visit about your travel history and any 
potential exposure.

PREVENTION
Maintain good 
PERSONAL HYGIENE
WASH HANDS FREQUENTLY 
carry hand sanitiser
Avoid 
TOUCHING YOUR FACE
AVOID DIRECT CONTACT with animals and 
their environment

Ensure food, including eggs, is THOROUGHLY 
COOKED
Keep away from 
PEOPLE WHO ARE SICK
DO NOT TRAVEL 
if you think you are ill