If you're feeling anxious about the coronavirus (COVID-19), give yourself a break—it's normal to be worried or upset about the unknown. Now, take a deep breath (which really can lower stress levels) and try these strategies to help manage your fears:

- **Know how COVID-19 is transmitted.** The virus is spread between people who are in close contact with one another, typically when an infected person coughs or sneezes. It may also spread when you touch an infected surface or object.
- **Take action to stay healthy!** Wash your hands with soap and water and scrub for at least 20 seconds. This is the first line of defense against getting any virus. Also:

  - avoid touching your eyes, nose, or mouth.

  - clean your phone and other devices.

  - stay at least six feet away from sick people.

  - cover your sneeze and cough with a tissue; throw it away. Or, sneeze and cough into your elbow.

- **Practice self-care**. A strong immune system can help prevent illness! Get enough sleep, eat nutritious foods, be active, and make time for a few minutes of deep breathing throughout the day.

- **Maintain your regular routine**. Follow your normal schedule, as much as possible. Predictability can be very reassuring.

- **Take screen breaks**. Limit the amount of time you spend consuming the latest COVID-19 news, whether on social media or other platforms. This will go a long way toward calming your nerves.

- **Use reliable sources.** Sensationalized media reports can easily put you in panic mode. Stick with information that comes from trusted sources.
- **Get help if you need to.** If it's starting to become too much to handle, please reach out to your parent/guardian school counselor or another trusted adult. And always remember that you can text NEEDHELP to 85511, 24 hours a day/7 day a week.