



# COVID-19 UPDATES

## STAYING PREPARED AND POSITIVE AMIDST COVID-19

It is normal to experience anxiety and uncertainty in this evolving situation. **Together**, we can prepare ourselves and play our part in staying vigilant, positive and well informed.

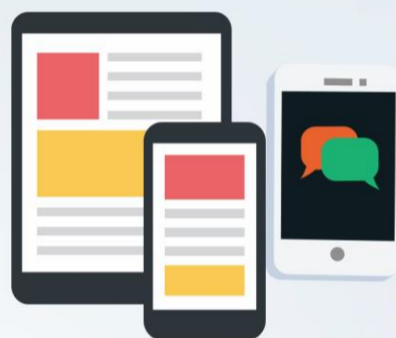


### GET ACCURATE FACTS AND FOLLOW PUBLIC ADVISORIES

Do stay up-to-date with the latest official advisories and development of the situation from verified sources (see below to sign up for official updates)

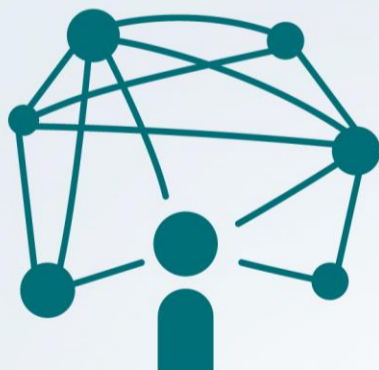
### BE SELF-AWARE OF YOUR MEDIA USAGE

Excessive focus on negative sources of information can lead to increased stress reactions such as anxiety, fear, and hyper-vigilance.



#### How can you counteract this?

- Retrieve information from a few key official sources and avoid over-consumption
- Channel your time and attention to positive activities that increase your well-being



### RESPONSIBLE INFORMATION SHARING

When fake news is spread widely, it can lead to unnecessary public alarm. This can lead to public resources being diverted to address the fake news rather than the situation itself.

#### What can you do?

- Verify information received against official sources, especially those of suspicious origin (i.e., chain messages)
- Address fake news when it is shared with you to curb the spread



**Stay vigilant, positive, and well informed**

**Operational Psychology Branch**

If you require additional support, please contact us at 65469500 or [PRIS\\_MR@PRIS.GOV.SG](mailto:PRIS_MR@PRIS.GOV.SG)



Get the latest on the novel coronavirus and other important Government information by signing up for the Gov.sg WhatsApp channel ([www.go.gov.sg/whatsapp](http://www.go.gov.sg/whatsapp)), or at the MOH website ([www.moh.gov.sg](http://www.moh.gov.sg))