

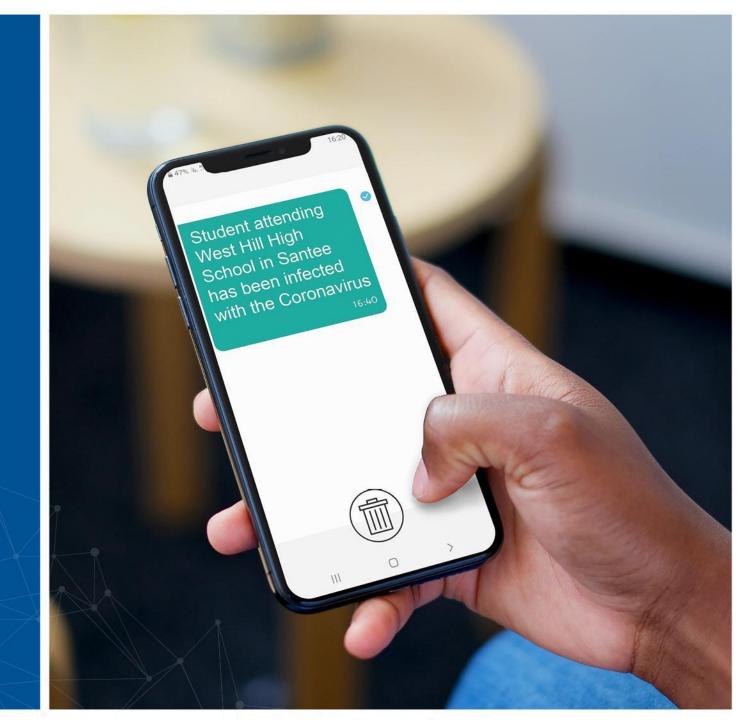
Consume News updates only from familiar news channels

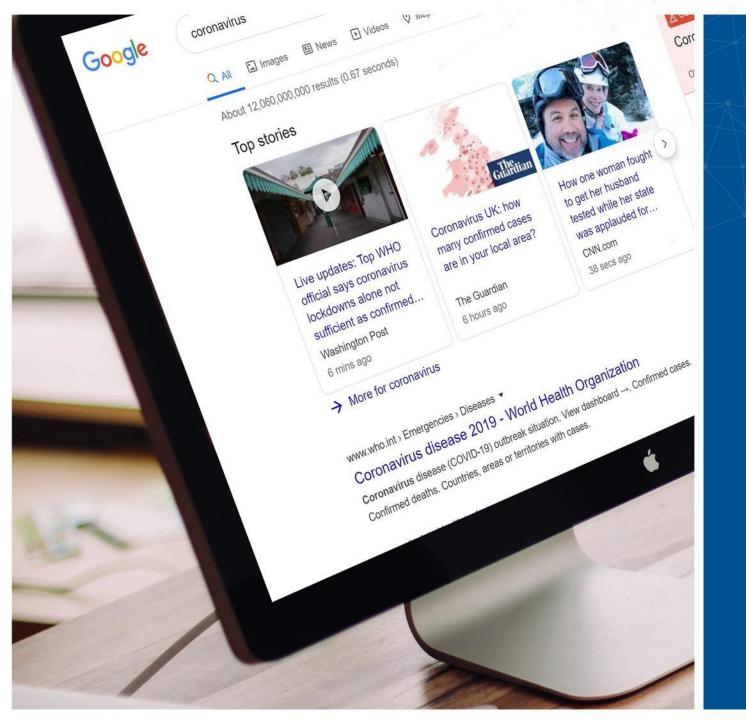
Relying solely on legitimate sources will help you stay healthy and keep your spirits up:

- Most rumors that are circling around in social media are unreliable
- Unauthorized health and safety instructions are being shared by people with no medical background or public policy knowledge

Help keep the news 'real' simply by refraining from forwarding over the fake ones

- You can be part of the change
- Even if you receive a message from a "doctor" or another "official" source, we recommend not to forward it over





When in Doubt...



You can Google "coronavirus" and Google would show you official sources in the first couple of results



Contact us