Tackle stigma and misinformation on COVID-19

1. **Stay Informed**
   Tune in to trusted communication channels - like your local authorities and the World Health Organization for up to date information.

2. **Share the Facts, Not Fear**
   If you hear a rumor, respectfully challenge it by sharing accurate information. Verify information you are unsure about with the right sources - like your local Red Cross Red Crescent Society.

3. **Practice Safe Behaviors**
   Regularly wash hands with soap and water or alcohol-based hand rub. Avoid close contact with anyone with fever or cough. Cover your coughs and sneezes with a flexed elbow or tissue.

4. **Help the Most Vulnerable**
   Offer help to those who are most vulnerable to the disease such as the elderly, those with pre-existing medical conditions or persons with disabilities who may need extra assistance.

5. **Support Those with COVID-19**
   Demonstrate your support for anyone infected with the disease as they are going through a difficult time.