

TO KNOW BETTER CAMPAIGN

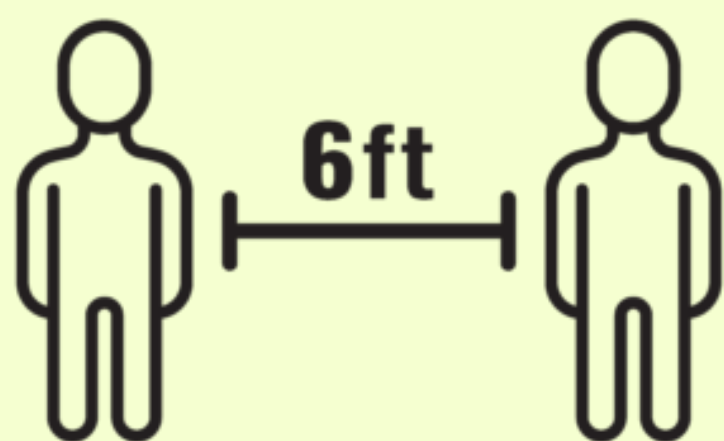


EDUCATE YOURSELF

Keeping yourself updated on how things are going with the pandemic is very crucial. Educating yourself on what to do and what not to do will help you protect yourself and others! Also, it's important to learn to not offend others or be bigoted as tensions are high.

SOCIAL DISTANCE

Social distancing is very important! You need to keep 6 feet apart from everyone when you go out in public so that you can avoid spreading the virus!



WEAR A MASK & WASH YOUR HANDS



To prevent the spread of the virus you must wash your hands and wear a mask in public. It is also important to keep hand sanitizer on you, and use it in public whenever you touch anything.

PRIORITIZE YOUR MENTAL HEALTH

When you realize that things are getting overwhelming, take time off of social media or whatever is stressing you out and rest. Do things that you enjoy, talk to people you love, or reach out through hotlines or a therapist if you need help.



CHECK IN ON THOSE AROUND YOU



Make sure to check in on your friends and family to see how they're doing. How are they holding up? Do they need to vent to someone? Simply checking up on those you love can not only make them feel better, but you as well!