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How can this resource help me?

1

This resource was designed to support your emotional wellbeing. It will show you ways you can keep your body and mind healthy:



Everyone is talking about coronavirus

2

You have probably heard of coronavirus before (also known as COVID-19). In fact, it might feel like it's all everyone is talking about! One reason why we are hearing so much about coronavirus is because people are sharing information about it to try and help us to know how we can keep ourselves safe.

We have so many ways to share this information and we have easy access to this information right at our fingertips through our smartphones, tablets and social media. Although this is meant to be helpful for us it can feel overwhelming when we are seeing and hearing it being talked about all of the time.

It is really important to remember that not all sources of information are created equal. Anyone can write what they like on social media and even websites that you think are reliable can get their facts wrong too sometimes. Just because someone says or posts something online it doesn't mean it's true.

Can you think of a time when someone told you or posted something on social media that you now know was untrue or they got the facts a bit muddled up?

