



Stay Informed

Don't spread misinformation! One of the most helpful things you can do during a crisis is to stay calm and stay appropriately informed.

- Consider appropriate sources of information, like the [WHO](#), [CDC](#), and local government guidance
- Learn about the [epidemiology of this pandemic](#)
- Read about the [cases and spread of COVID-19](#)
- Understand [how to spot fake news](#)
- Learn about the importance of [physical distancing and other guidelines](#) as well as guidance around [sheltering in place](#)
- Consider these [charts on Flattening the Curve](#)
- Combat [spikes in racism](#) that seem to be emerging as a response to this crisis and [support community care efforts targeted towards Asian Americans](#)
- Watch the [BUSPH Online Seminar Series on COVID-19](#)
- Research recent [legislative efforts](#) designed to support nonprofits at this time

*** Remember, also, to give yourself a break from the news. It is easy to become overwhelmed. Learn the basics and limit your exposure so that you can take care of yourself, minimize stress, and be able to share accurate information with others. Check out this link from UC Berkeley's Greater Good Science Center on [How to Be Intentional about Consuming Coronavirus News](#)