The information about coronavirus can leave some feeling overwhelmed. Here are some tips to help manage those feelings.

**Get information from reliable sources:**
BU Today will continue to provide updated campus information. For further information, see the [CDC website](https://www.cdc.gov).

**Limit your intake of news:**
If you feel distressed, limit your exposure to media. Although it is important to stay informed — especially if you have loved ones in affected countries — remember to set limits on how much information you are taking in. Over-exposure to information can be overwhelming.

**Maintain your routine and engage in healthy activities:**
Going about your daily life. Basic acts of self-care can make a real difference during times of stress. Take breaks while studying, Connect more often with family and friends. Take on fewer commitments. Find what feels nurturing to you.

**Listen to the experts:**
Follow the protection and prevention tips given by medical professionals such as Student Health Services here on campus, national medical authorities and your own medical doctor.

**Don't make assumptions about others:**
Avoid making assumptions about anyone who is sick. Self-awareness is important in not stigmatizing others in our community.

**Stay healthy:**
Remember to wash your hands with soap warm water for at least 20 seconds or used alcohol-based hand sanitizers. Do not share food or drink. And sneeze or cough into your arm or a tissue. Get the flu shot if you have not, it is not too late!

**Seek additional help:**
Individuals who feel overwhelmed by worry or anxiety can seek additional professional support through Behavioral Medicine (617-353-3569).