

## TIP SHEET Nº1

# GETTING INFORMED

## WHAT'S REAL?

There are ways to explore whether online information is legitimate including looking the URL and the source, looking at the quality and emotional tone and checking facts.

### 1. TURN ANXIETY INTO ACTION!

Get your facts from reputable sources:

- [Ministry of Health COVID-19 Information](#)
- [Centers for Disease Control](#)
- [Unite against COVID-19](#)
- [World Health Organisation Coronavirus Information](#)

Making sense with:

- [Nanogirl Explaining Coronavirus video \(4min\) \(Source: You Tube\)](#)
- [Coronavirus Picture Book \(Source: Mindheart\)](#)
- [Coronavirus Comic for Kids \(Source: NPR\)](#)
- [Q & A with Dr Michelle Dickinson and Dr Juliet Gerrard \(Source: PM Jacinda Ardern, Facebook Watch\)](#)

Watch out for fear and fake news and think about:

- Where have you been getting your information about Coronavirus?
- What have you noticed about the different styles of information?
- How would you determine reliable sources of information about Coronavirus?
- What have you noticed about the different styles of information? How did you feel in response to each type of information?
- Read and get your Thinking Cap on with [Critical thinking in an age of fake news \(Source: newsroom\)](#)

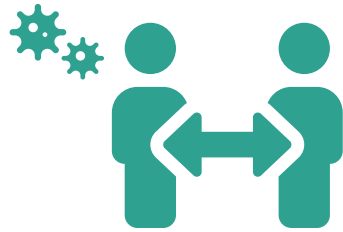


### PROTECTIVE ACTIONS LIST

- Wash Your Hands
- Avoid touching your nose, eyes and mouth
- Cough or Sneeze in your Elbow
- Remember not to share food, utensils, drinks or make up
- Wipe desks, knobs, door handles and screens
- Stay at home when you are sick
- Sneeze or cough into tissues
- Be Healthy – rest, sleep, eat well, exercise
- Stay away from sick people
- Put used tissue in the bin immediately
- Change your clothes when you get home from school
- Ventilate your rooms or cars



## 2. TAKE ACTION!



### Get the facts

- [from CDC Advice for Protective Actions](#)

### Make it Real

- with [Nanogirl Hand Washing](#) (Source: You Tube) or [Hand Washing Dance](#) (Source: UNICEF)

### Social Distancing

- [Keep Your Distance](#) (physically)
- [Unite Against Covid-19 Physical Distancing](#)

### Understand Why and Make it Real with

- [Distinguishing social distancing, quarantine and isolation](#) (Source: Washington Post via YouTube) and
- [Three Phases of COVID-19](#) (Source: Siouxsie Wiles | Contributing writer, Spinoff) or take a look at [It's Okay to be Smart](#) (Source: Facebook Watch)

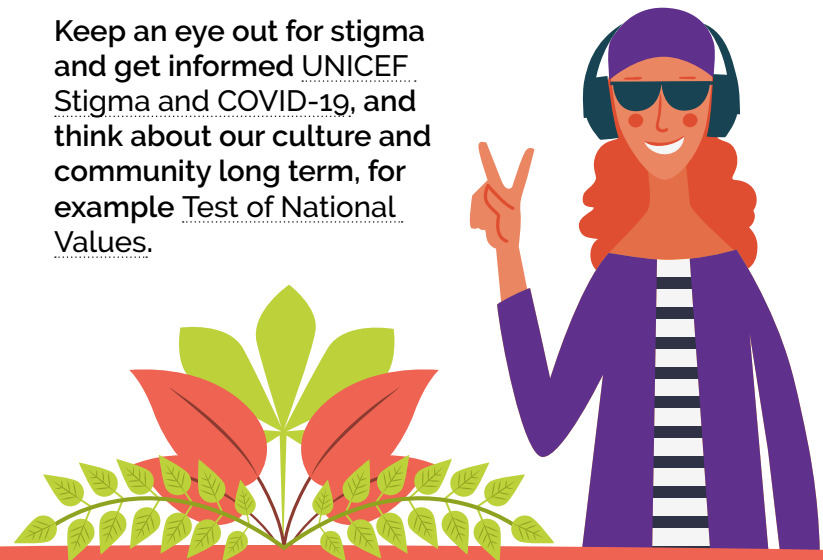
### Have fun with

- [Alternatives to the Handshake and Hongi](#) (Source: The Spinoff)

## 3. CONNECT AND CONTRIBUTE

Being kind, keeping connected and looking after friends and whānau is important. Enjoy the time you have with those at home, use online platforms to connect and share ideas creatively ([#safehand](#)s) and find ways to help in the community, for example the [Student Volunteer Army](#).

Keep an eye out for stigma and get informed [UNICEF Stigma and COVID-19](#), and think about our culture and community long term, for example [Test of National Values](#).



## 4. REALITY CHECK | IF WE GET SICK OR SOMEONE IN OUR FAMILY DOES



The future of COVID-19 in New Zealand is unknown. Some people are sick already with the virus and it is unknown how many more. If we do get sick or if someone we love does, there are many useful actions we can take to look after ourselves and others, for example, [Ministry of Health COVID-19 Information](#) and [World Health Organisation Coronavirus Information](#).

**We do know that most people recover. Please telephone Healthline (for free) on 0800 358 5453 if you are worried you might have symptoms.**