

Things to have in mind

- Authorities are currently reacting with responsibility to COVID-19. They are watching the seen unfold closely, making recommendation as things progress and health services are on high alert.
- Currently the emphasis is on trying to slow down the speed of the virus spread. By spreading the infection over a longer time frame the health authorities are more able to give relevant services to those in need. This is an important step for all.
- The Directorate of Health has said that the most important thing is to wash your hands thoroughly and often with soap and water or use hand sanitiser. It is also a good rule to avoid, as much as you can, contact with sick persons, in particular those who have the symptoms of cold, such as sneezing and coughing. If you need to cough or sneeze it is best to do it into your elbow, not into your hands or into the air. (Further reading: <https://www.landlaeknir.is/um-embattid/greinar/grein/item39282/Basic-information-about-the-Coronavirus-for-children-and-teenagers>)
- Because there is a lot of information out there it is important to refer to facts and reliable sources when talking about the COVID-19 and reactions to the virus. The Directorate of Health has an information page in English that can be very helpful in this context. (See <https://www.landlaeknir.is/koronaveira/english/>)
- It is important to bear in mind that in some families there are people that are understandably worried and concerned for themselves or for their family members. Our reactions face to face or online can have huge impact on their sense of security. So let's be careful in how we approach this topic in public.
- Let's talk to our families and friends. Let's try to focus on things that are uplifting and are of value and purpose.

kveðja

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Further information:

The Directorate of Health

<https://www.landlaeknir.is/koronaveira/english/>

Citizens' meeting on stöð 2 og visir.is is planned on Thursday the 12th of March:

https://www.visir.is/g/202016807d/borgarafundur-vegna-utbreidslu-koronuveirunnar-a-landi?fbclid=IwAR1hnR2tniuJPBoY9h5_N4uiNAzhGp0BqQlg2DxSED5sHL0SvAviQJBwmNc

Five Ways to view coverage of the Coronavirus:

<https://www.apa.org/helpcenter/pandemics>

The Joe Rogan Experience – Interview with an expert on infectious diseases (Michael Osterholm):

<http://podcasts.joerogan.net/podcasts/michael-osterholm>