

From: HCM Information

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Subject: Coping With Stress During Infectious Disease Outbreaks and Other Important Information Regarding the Novel Coronavirus (COVID-19)

**Coping With Stress During Infectious Disease Outbreaks and Other Important Information
Regarding the Novel Coronavirus (COVID-19)**

It is natural to feel stressed during a disease outbreak. For important and helpful information regarding reducing the negative impact of stress, and tips for coping, please read [Coping With Stress During Infectious Disease Outbreaks](#). In addition, please read the documents that you can access through the links below, which provide important COVID-19 facts, how to help stop disease spread, and specific guidance and safety tips. Thank you.

[Novel Coronavirus \(COVID-19\): What You Need to Know](#)

[Stop the Spread of COVID-19 Poster](#)

[COVID-19: Guidance and Safety Tips](#)