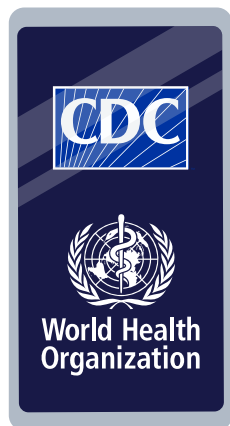


# Navigating Media Related Anxiety



- **Stay informed**—but don't obsessively check the news.
- **Stick to trustworthy sources** such as the CDC, the World Health Organization, and your local public health authorities.
- **Limit how often you check for updates** and step away from media if you start feeling overwhelmed.
- **Ask someone you trust to pass along any major updates you need to know about.**
- **Be careful what you share.** Do your best to verify information before passing it on. Snopes' Coronavirus Collection is one place to start.



## Links and Resources:

- [Coronavirus Anxiety Help Guide](#)
- [Snopes' Coronavirus Collection](#)
- [8 Ways to Stop the Spread of Coronavirus Misinformation](#)

Brought to you by the OSU Wellness Agents