FOR YOUR SAFETY & WELL-BEING

DURING HARDSHIPS WE ALL EXPERIENCE STRESS. THE BEST WAY TO COPE IS TO MAKE SURE YOU STAY CALM, ALERT, HEALTHY & SAFE.

- Drink water and try to eat regularly
- Stay away from drugs & alcohol
- Avoid separation from your group/family
- Always supervise your children
- Speak to loved ones
- Show others that you care
- Don’t trust strangers too easily
- Rely on official sources for information

REMEMBER THAT HUMANITARIAN AID IS ALWAYS FREE

SCAN THE CODE FOR MORE INFORMATION IN (RELEVANT COUNTRY)