



Without attempting to do so, when we integrate this load of negative content into our minds and externalize it, we can trigger anxiety and depression in ourselves, in relatives, neighbors and coworkers.

The World Health Organization (WHO) recommends spending limited time consuming news and being careful about what to read, since constant information about the pandemic could affect the mental health of many, especially those who already have a history of anxiety and obsessive-compulsive disorder (OCD).

In order to keep family harmony at home in times of social isolation, try to organize and maintain your daily routines, and good educational and leisure practices with children and other relatives, without underestimating the disease or letting your guard down about risk assessment.

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