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The on-going Co-vid-nine-teen outbreak can be stressful for yourself and loved ones.

Cope with stress by keeping a healthy daily routine, getting plenty of sleep, and keeping in-contact with family and friends.

The Centers-For-Disease-Control-and-Prevention recommends staying connected with distant friends and relatives via e-mail and video-chat... as well as making time to unwind and try out new activities at home.

Visit C-D-C-dot-gov to learn more ways on how you can avoid stress during the pandemic.

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