

Empowering Individuals: How to Take Control and Protect Yourself

COVID-19
Coronavirus Disease 2019

10 WAYS TO PREPARE AND PROTECT YOURSELF
60+ AND/OR LIVING WITH UNDERLYING CONDITIONS*

- Wash your hands often** with soap and water and regularly clean and disinfect surfaces.
- Keep taking your normal medication** and follow medical advice.
- Adopt a healthy lifestyle to help your immune system:** eat nutritious foods, get enough sleep, don't smoke, stay active and take alcohol in moderation.
- Maintain a distance of at least 1 meter and avoid physical contact** (handshakes, hugs, etc.) with other people.
- If COVID-19 is spreading in your community, stay home as much as possible. Avoid going to church and other places with a lot of people.**
- Make sure you have at least a month's supply of medicines** if you need to stay home. Plan on how to get more in case you need to stay at home longer.
- Stay in close contact with your family, friends, or neighbors** and make a plan on how you'll seek food and medical care if needed.
- Familiarize yourself with COVID-19 symptoms, like fever, cough, and difficulty breathing,** so you can quickly identify them if they appear.
- If you show flu-like symptoms, call the assigned phone number in your country or your health care provider immediately.**
- Don't feel lonely. Stay in touch with family and friends** by phone, video chat, or email.

*Adults over the age of 65 and those with chronic medical conditions, like high blood pressure, diabetes, cancer, and/or lung and heart diseases, are more at risk.

PAHO Pan American Health Organization
BE AWARE. PREPARE. ACT.
www.paho.org/coronavirus

Learn The Secrets Of Dark Psychology: How To Take Control And Protect Yourself: Tactics Against Manipulators

★★★★★ 5 out of 5



Language	: English
File size	: 43910 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Lending	: Enabled



In today's rapidly changing world, safeguarding our well-being and empowering ourselves have become paramount. The book "How To Take Control And Protect Yourself" emerges as an indispensable guide, providing groundbreaking strategies and practical tools to help individuals take charge of their safety and live fulfilling lives.

Empowering the Individual

This comprehensive resource goes beyond mere self-defense techniques, delving into the psychological and situational factors that can compromise our safety. It underscores the importance of situational awareness, teaching readers how to identify and avoid potential threats. Moreover, it emphasizes the need for risk management, enabling individuals to assess and minimize the likelihood of being victimized.

The book also recognizes the significance of self-empowerment, empowering readers with the confidence and knowledge to stand up for themselves. It emphasizes assertiveness training, empowering individuals to communicate their boundaries and refuse unwanted advances without resorting to violence. Additionally, it imparts practical self-defense skills, ranging from basic strikes to advanced disengagement techniques.

Comprehensive Coverage

The book covers a wide range of topics critical to personal safety, including:

- Situational awareness and risk management
- Assertiveness training
- Basic self-defense techniques
- Advanced disengagement strategies
- Legal implications of self-defense
- Safety strategies for specific situations (e.g., public transportation, parking lots)

Practical and Effective

The strategies and techniques outlined in this book are not mere theoretical concepts; they are practical and effective, backed by years of research and real-world experience. The author, a seasoned law enforcement professional and self-defense instructor, shares invaluable insights and proven methods to enhance personal safety.

Empowering Individuals: How to Take Control and Protect Yourself is a must-read for anyone seeking to safeguard their well-being and live a more fulfilling life. It is an indispensable tool for women, men, students, professionals, and individuals from all walks of life. By embracing the principles and techniques outlined in this book, readers can take proactive steps to minimize risk, empower themselves, and live with greater confidence and peace of mind.

Call to Action

Don't let safety concerns hold you back from living your life to the fullest. Empower yourself with the knowledge and skills to protect yourself and those you love. Free Download your copy of "How To Take Control And Protect Yourself" today and embark on a journey of personal empowerment.

Free Download Now



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Wisconsin Clinic Pilots Mobile Crisis Response System For Consumers With Mental Health Conditions

MADISON, Wis. - A new mobile crisis response system is being piloted in Wisconsin to help consumers with mental health conditions. The system, which is being led by...



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