Finally:

Protecting children
It is good to protect children as well. If they interrogate us, we will always be willing to talk seriously about what they may have heard and scare them, correcting a statistically unfounded picture. It's better not to expose them to the alarming information abovementioned.

Do not be ashamed to ask for help
If you think your fear and anxiety are excessive and they create discomfort, don’t be afraid to talk about it and ask a professional for help. Psychologists know these problems and can help you in a very proficient way.

How fears can turn into panic and how to protect yourself with proper behavior, correct beliefs and well-founded emotions
FEAR. Fear is a powerful and useful emotion. It has been selected from the evolution of the human species to prevent dangers, and it is therefore instrumental to avoid them. Fear works well if it is proportionate to dangers. This was the case as long as people had first-hand experience of the dangers, and they voluntarily decided whether to face them or not. Today, many dangers do not depend on our experiences. We learn about dangers because the media cover them, and messages which circulate on the web exaggerate dangers as well. Here are some guidelines for adopting protective and responsible attitudes.

ANTI-PANIC RECOMMENDATIONS

1. The slope of fear
   The relationship between the efficiency of our behavior and fear is described by a camel-hump slope: underestimating the problem is not effective, it leads to inappropriate behavior. Overestimating it has the same result: much fear, but little efficiency. The right consideration of danger helps us and increases our "resilience quotient".

2. Stick to the facts, i.e. objective danger.
   The coronavirus is a contagious virus, but as one WHO source pointed out, out of 100 people who get sick most have only mild problems. Exceptional collective measures arise from the need to stem the epidemic, because the proportion of people with more serious problems becomes important and difficult to manage if there are many infected.

3. Getting caught up in the collective contagion of panic leads us to ignore objective data and our judgement may weaken.
   Many feel anxiety and want to act and do something to lower their anxiety, and this can generate stress and irrational and unproductive behavior. In order to do something, we often end up doing things wrong and ignoring simple, seemingly trivial but very effective protective actions, such as those suggested by health authorities.

4. Too many emotions impede the correct reasoning and hinder the ability to see things in a right and wider perspective, that is, enlarging the space-time with which we examine phenomena... It is difficult to counter emotions with reasoning, but it is good to try to rely on objective data. The fundamental rule is the balance between the feeling of fear and objective risk.

5. We are concerned about our vulnerability and about our loved ones, and we try to make them invulnerable. But the obsessive search for invulnerability is counterproductive because it makes us excessively afraid, unable to face the future because we are too locked in ourselves.

THREE GOOD PRACTICES FOR DEALING WITH THE CORONAVIRUS

1. Avoiding compulsive search for information. Let’s use and disseminate reliable information sources
   Reduce overexposure to media and social media information. Once you have the basic information, simply check for updates on reliable sources. You have all the information you need to protect yourself, without being overwhelmed by an uninterrupted stream of “anxiety alarms”.
   - Ministry of Health: http://www.salute.gov.it/nuovocoronavirus
   - Higher Institute of Health: https://www.epicentro.iss.it/coronavirus/

2. This is a collective, not a personal phenomenon
   Coronavirus is not a phenomenon that affects single individuals. We must protect ourselves as a responsible community. The Higher Institute of Health indicates simple individual preventive actions (https://www.epicentro.iss.it/coronavirus/).
   A regular use of these elementary actions significantly reduces the risk of contagion for yourself, for those close to you and for the community as a whole.

3. Act collectively for a collective phenomenon
   Even if you have a correct idea of the phenomenon, it is good helping others by telling them in simple words the recommendations listed here. You can provide the simple information above, thinking calmly and patiently instead of ignoring or, worse, despising those who do not know and refuse to think.
   Acting all in an informed and responsible way and helping each other to do so, increases the ability to protect the community and each of us.