

New Online Course COVID-19: How to Be Safe & Resilient

Northeastern University's **Global Resilience Institute** has just launched a short online course that provides life-saving skills for dealing with the COVID-19 outbreak. Please share this information with your network.

[COVID-19: How to Be Safe & Resilient](#)

The course is on a web platform that allows universal access. We are hoping that corporations, companies, and organizations, as well as other universities and colleges will push this out to their employees and students. With everyone working and/or studying online, this seems to be the best way to share trusted, critical information with as many people as possible. It takes under one hour to work through the nine self-navigating, short modules for the course:

1. Intro to Being Safe and Resilient
2. Mastering Washing Your Hands
3. Avoid Touching Your Face to Reduce Risk
4. Managing Your Household
5. Disinfecting Your Surfaces
6. Properly Using Masks and Gloves
7. Navigating Public Spaces
8. Staying Connected with Older Relatives, Neighbors, and Friends
9. Enhancing Community Resilience by Becoming a COVID-19 Leader

The final module in the online course is a call-to-action. Ideally, it will inspire and empower all who take it to reach out to others and share what they have learned. Let's pull together and help each other out by doing our own part. Stay safe and resilient!