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## Coping with COVID Project Webpages

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# Coping with COVID

A Public Story-Telling Project



Photo by Jordan Hopkins on Unsplash



## How are COVID-19 public health guidelines impacting you?

Social Distancing. Masks. Self-Monitoring. 6 feet.

These terms meant something different (or many of us didn't use them at all) just a few months ago.

We want to hear your stories about how you have adapted such COVID-19 public health guidelines into your daily life.

This website is part of a research project being conducted by Dr. Katie Swacha at the University of Maine. It aims to provide a space for people to share how they are 'coping with COVID' throughout their everyday routines and to improve our understanding of how we are all interpreting social distancing and other public health guidelines on a daily basis.



### [Share your story](#)

Learn more about how you can participate in this project by submitting photos, videos, and stories reflecting your daily experiences coping with COVID-19 public health guidelines.



### [Learn about others](#)

Explore the photos, videos, and stories of other people across the U.S. and Canada who are working COVID-19 public health guidelines into their everyday lives and routines.

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This project has been approved by  
the Protection of Human Subjects Review Board at the University  
of Maine

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