

Your Employee and Family Assistance Program is a support service that can help you take the first step toward change.

Protecting your well-being during the COVID-19 outbreak

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Protecting Your Well-being During the COVID-19 Outbreak

Physical Well-being



- **Wash your hands frequently** with soap and water, or use an alcohol-based hand rub.
- **Cough or sneeze into your elbow or a tissue**. Wash your hands afterwards.
- Regularly **disinfect surfaces and objects**, such as your desk, keyboard, and phone.
- **Avoid close contact** with anyone who has a fever, cough, or other respiratory symptoms, such as shortness of breath.
- If you have any concerning symptoms, **seek medical care early**.

Mental Well-being

- Take a **break from the news**.
- Practice **mindfulness exercises** to reduce stress.
- Use technology to **check-in with friends and family**.



Financial Well-being



- Consider purchasing **travel insurance** to protect any upcoming trips.
- Pay attention to **government travel advisories** before booking travel.
- **Don't make hasty financial or investment decisions**. Talk with your advisor if you have concerns.

If you are struggling with anxiety about COVID-19 or need support, call the assistance program.

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