



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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