



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

## How to Practice Physical Distancing



### How to Practice Physical Distancing



Avoid contact with anyone displaying symptoms of COVID-19.

Avoid using public transportation unless you have to.

Avoid large or small public gatherings.

If possible, work from home.

Stay connected to loved ones via technology.

Follow guidelines from your local health authority.

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