

Coronavirus

Prepare without Panic

If you speak with three different people, you'll receive a range of different responses to the Coronavirus Disease – some are stocking up on supplies, others are thinking they will not be going overseas this summer and others have not heard of the virus. Information on the virus is updating all the time and what we do know is, there is no need to panic. The following are practical steps to prepare for the effects of the Coronavirus (COVID-19).

- **Be Prepared** – If you have to stay home for several days what will you need; water, non-perishables, medicine, paper products, hygienic items etc? We need to prepare for school and business closures or the need to stay home due to someone in our household having the COVID-19 Virus. This preparation will give a sense of control for the possibility of a home stay.
- **Information Overload** – Inconsistent information is all over the internet, news outlets and airwaves. Turn to trusted sources to find the most current information on the Coronavirus such as the Center for Disease Control (cdc.gov), the World Health Organization (who.int) and the National Institutes of Health (nih.gov).
- **Prevention Procedures** - Wash your hands frequently and cough into your elbow or tissue not your hands. If you are having the symptoms of the virus check in with your doctor and follow their advice. Being mindful of the different ways to prevent the spread of the virus is a great way to stay prepared.
- **Prevent Panic** – With all of the differing opinions, changing and updated information, it can be confusing and hard at times not to overreact. Take and use the precautions instructed from trusted resources. Prepare for a stay at home if need be, and put prevention procedures in place while trying to remain calm.
- **Reduce the Stigma** – Anyone can get this virus; it does not discriminate. Please try to be kind to all people. Do not discriminate because you see someone who looks like they are from another country. At this time, we need to help and support each other through these trying times and remember a little kindness can go a long way to help prevent panic.

This is an emerging, rapidly evolving situation. For the latest information visit [CDC.gov](https://www.cdc.gov).

As always, your EAP is here for you and your family. Whether you are staying home or continuing your routine, there are a variety of ways to connect with your EAP including: by telephone 800-327-4968 (800-EAP-4YOU), TTY: 877-492-7341, online at [EAP4YOU.com](https://www.eap4you.com), through video, by live chat or text message. Reach out to us to learn more about the many options you have to receive support from your Employee Assistance Program.