



Employee Self-Care Tips

Coronavirus (COVID-19)

During this pandemic, supporting your safety, health, and well-being is important. While we all have different feelings and reactions to this crisis, one thing is certain, self-care cannot be overemphasized.

Prevention Steps

Employees who do not have specific exposure should still be aware of the evolving pandemic. Changes may warrant additional precautions in some workplaces.

- Wash your hands often for at least 20 seconds
- Clean all high-touch surfaces daily
- Cover your coughs and sneezes
- Avoid touching your eyes, nose, & mouth
- Avoid sharing work and personal items

If You Are Feeling Ill:

- Separate yourself from other people
- Stay home except to get medical care
- Monitor any onset of your health symptoms
- Call ahead before visiting your doctor

Social Distancing – Not Social Isolation

The US Centers for Disease Control and Prevention (CDC) recommends social distancing to prevent the spread of the novel coronavirus. Social distancing is a public health term used to describe taking intentional actions to track and prevent the spread of disease. It includes things like avoiding crowds, keeping at least 6 ft. or more of separation between you and others, and staying home when you are sick.

Self-Care Tips

The world is rapidly changing in response to this pandemic, and we must take care of ourselves. The next few months will be challenging for everyone, and may drastically change how we work. In order to slow the spread of coronavirus, we may be asked to self-quarantine or shelter-in-place.

Taking Care of Yourself

In addition to washing your hands, try to eat healthy, stretch, and get plenty of sleep.

Exercise

Staying active can help keep you mentally and physically healthy during isolation, as well as improve your overall mood.

Connect with Others

Many of us will have limited social interaction. Reach out to others via phone, text, FaceTime and be sure to maintain relationships and rely on your support team.

Take Breaks

Make time for yourself. Try to keep yourself busy with hobbies you enjoy.

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Stay Informed

Watch for information communicated by your employer as well as from reliable sources. Avoid overexposure to negative media coverage of the pandemic.

Be Your Own Advocate

If stress interferes with your daily activities, and you begin to feel that you may be in need of help, please reach out to a healthcare provider.

Have What You Need

Be sure to have what you need to make yourself feel safe, secure, and comfortable.

Use Practical Ways to Relax

Remember to take deep breaths, stretch, meditate, or engage in activities you enjoy. Take a walk or ride a bike, listen to music, pick-up a new craft, take an online course, or learn a new skill.

Focus on Your Home and Self

If you are instructed to Work from Home (WFH), use this time to refocus your attention to the things you have been putting off. Try to remain optimistic. Improve your internal and external self at home.

Develop a Routine

Have a daily schedule of mealtimes, work hours, and a sleep schedule. The National Safety Council reports that most adults need between 7-9 hours of sleep each day.

Keep it Factual

Gather information that is reliable and will help you accurately assess your risk in order to take proper care of yourself and others. Find credible sources that you can trust such as the CDC or WHO, a local or state public health administration.

World Health Organization (WHO) Recommendation on Coping with Stress

The World Health Organization tells us to, "Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak."

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