



The Well

April 2020 – COVID-19

Coping with COVID-19

The world is in unprecedented times due to the Coronavirus pandemic, also known as COVID-19. It is important to understand the symptoms, how to protect yourself and ways to cope with the current situation.

Experts are continuing to learn more about COVID-19. Some cases of COVID-19 can be severe with individuals experiencing lower-respiratory tract illnesses like bronchitis and pneumonia. For the elderly and those with weakened immune systems, COVID-19 can be even more dangerous.

What are the symptoms of COVID-19?

- Fever
- Cough
- Shortness of breath

If you think you have been exposed to COVID-19 or develop the symptoms, call your healthcare provider for medical advice.

Get medical attention immediately if you develop these emergency warning signs for COVID-19:

- Difficulty breathing
- Persistent pain/pressure in the chest
- Disorientation

For more information visit: [cdc.gov/coronavirussymptoms](https://www.cdc.gov/coronavirussymptoms)

Protect yourself and others with these helpful tips:

- Stay home if you are sick, except to get medical care.
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Wash your hands often, for at least 20 seconds at a time. If soap and water are not readily available, clean your hands with a sanitizer that contains at least 60% alcohol.
- Avoid touching your face.
- Practice social distancing by staying at least six feet away from people.
- Clean and disinfect frequently touched surfaces daily with detergent.
- Follow guidance when it comes to school or workplace closures.
- Call your doctor if you have any symptoms.

Learn more: [who.int/health-topics/coronavirus](https://www.who.int/health-topics/coronavirus)

Virtually connect with others

Even though we're all social distancing and staying home, technology can help us remain connected.



Talking with kids about COVID-19

Don't forget to talk to your children about COVID-19. Their lives have been impacted and they may not know how to interpret or understand all the information they are seeing and hearing.

Here are some important tips for talking to your kids:

- Remain calm and reassuring.
- Make yourself available to listen and to talk.
- Pay attention to what children see or hear on television, radio or online.
- Provide information that is honest and accurate.
- Teach children everyday actions to reduce the spread of germs.



For more information visit: [cdc.gov/coronavirusandkids](https://www.cdc.gov/coronavirusandkids)

COVID-19 emotional and social impact

Adjusting to a new normal

You may be adjusting to a new work from home routine. You might also have school-age kids who are adjusting to a new at-home schooling program and many of your normal social activities are closed or cancelled. These changes can increase stress for you and your family.

Here are some tips for dealing with stress:

- Eat healthy well-balanced meals.
- Take deep breaths, stretch, exercise regularly or mediate.

- Virtually connect with others.
- Limit your family's exposure to the news, including social media.
- Maintain regular routines for your family.
- Reach out to our Employee Assistance Program to talk to a counselor, get legal advice and additional support.

Employee Assistance Program

If you need help dealing with a personal crisis or would like additional resources and strategies for improving your resilience, contact your employee assistance program for confidential counseling and other services.

EmployeeConnect offers professional, confidential services to help you and your loved ones improve your quality of life. You and your family can access services 24/7. Visit [GuidanceResources.com](https://www.GuidanceResources.com) or call the EAP at **888-628-4824**.

- Username: LFGSupport

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