

LifeAdviser Special Edition

A Balanced Living Special Edition Newsletter

Professional Help Is Available

When you hear, read or watch news about an outbreak of an infectious disease, you may feel anxious and show signs of stress. These signs of stress are normal and may be more likely or pronounced for people who live in or have loved ones living in parts of the world affected by the outbreak. In the wake of an infectious disease outbreak, monitor your own physical and mental health.

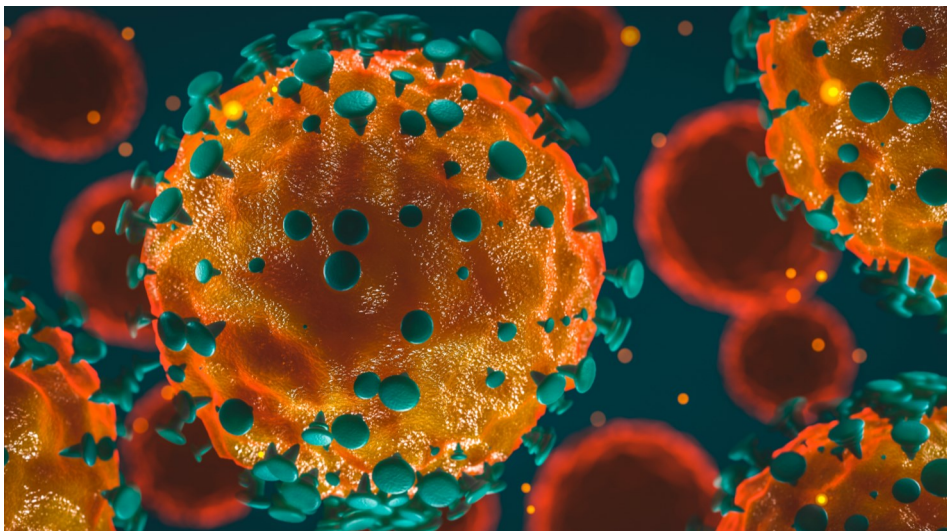
For many people, using the tips and strategies mentioned in this newsletter may be sufficient to get through the current crisis. At times, however, an individual can get stuck or have difficulty managing intense reactions. A licensed mental health professional can assist you in developing an appropriate strategy for moving forward. It is important to get professional help if you feel like you are unable to function or perform basic activities of daily living.

If you are an employee or eligible dependent of an organization contracting with Concern and need assistance for emotional support or finding local resources, you can request counseling. Call or visit our website to request services.

800-344-4222

employees.concernhealth.com

Coronavirus (COVID 19) Update



With the spread of the virus across multiple countries, the World Health Organization has declared the outbreak to be a pandemic. Pandemic is defined as a disease that is spreading widely but does not necessarily indicate the seriousness of the illness. You may still feel stressed and anxious about the situation. Get the facts to help you accurately determine your risks so that you can take reasonable precautions.

The CDC is monitoring the outbreak and coordinating closely with state and local public health officials. The number of U.S. confirmed cases continues to grow. Check your local, state or county public health sites for current restrictions and guidance. Below are links to other public health resources:

- Situation Summary: <https://www.cdc.gov/coronavirus>
- About Coronavirus: <https://www.who.int/health-topics/coronavirus>
- Prevention: <https://www.cdc.gov/handwashing/index.html>
- Travel: <https://wwwnc.cdc.gov/travel/destinations/traveler/none/china#travel-notice>
- When and How To Use Masks: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>

Before and During a Pandemic

Before a Pandemic

- Store a two-week supply of water and food.
- Ensure a continuous supply of your regular prescription drugs, non-prescription and other health supplies in your home.
- Get copies and maintain electronic versions of health records and store them for personal reference.
- Talk with family members and loved ones about their health care directives.

During a Pandemic

Limit the spread of germs and prevent infection:

- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

These are every day habits that can help prevent the spread of several viruses.

U.S. Federal Emergency Management Agency (FEMA), Ready.gov. (Updated 2019, 20 December). Pandemic. Retrieved 23 January 2020 from <https://www.ready.gov>

Know the signs of stress.

There are common signs of anxiety and stress that affect your health. You may notice:

- An increase or decrease in your energy and activity levels.
- An increase in your use of alcohol, tobacco, or substances.
- An increase in irritability, anger and arguing.
- Trouble relaxing or sleeping
- Having stomach aches, diarrhea, headaches or other physical pains
- Feelings of anxiety, fear, depression, guilt or anger
- Having trouble with memory or focusing

You can manage and alleviate your stress by taking time to take care of yourself. These strategies can help:

Keep things in perspective. Set limits on how much time you spend reading or watching news about the outbreak. Focus on things in your life that are going well and that you can control.

Get the Facts. Learn about the outbreak and how to protect yourself against illness from credible sources.

Use practical ways to relax. Eat a good meal, read, listen to music, engage in pleasurable hobbies or connect with family and friends.

If you are not feeling well or experiencing flu-like symptoms including fever, cough or shortness of breath, contact your physician.

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COVID-19 Outbreak

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