



Protecting Your Well-being During the COVID-19 Outbreak

Physical Well-being



- **Wash your hands frequently** with soap and water, or use an alcohol-based hand rub.
- **Cough or sneeze into your elbow or a tissue.** Wash your hands afterwards.
- Regularly **disinfect surfaces and objects**, such as your desk, keyboard, and phone.
- **Avoid close contact** with anyone who has a fever, cough, or other respiratory symptoms, such as shortness of breath.
- If you have any concerning symptoms, **seek medical care early.**

Mental Well-being

- Take a **break from the news.**
- Practice **mindfulness exercises** to reduce stress.
- Use technology to **check-in with friends and family.**



Financial Well-being



- Consider purchasing **travel insurance** to protect any upcoming trips.
- Pay attention to **government travel advisories** before booking travel.
- **Don't make hasty financial or investment decisions.** Talk with your advisor if you have concerns.

If you are struggling with anxiety about COVID-19 or need support, call the assistance program.