

# Coronavirus Resources



The spread of the coronavirus COVID-19 has put organizations and employees on alert. This information can help keep you informed about the coronavirus, as well as offer guidance on how to remain healthy and deal with the emotional impacts of the outbreak.

Call **844.244.7657** for more information about the coronavirus.



## Coronavirus Webinar

As the COVID-19 virus spreads, it's normal to feel fear and uncertainty. This course offers tips for coping with uncertainty and regaining control.

WATCH



## Health and Safety Resources

Download this list for links to public health and safety resources from WHO, the CDC and others across the globe.

DOWNLOAD



## A Relaxation Break

This interactive experience walks you through techniques for reducing your stress levels.

WATCH



## Coronavirus Overview

This guide offers a look at the COVID-19 outbreak and tips for staying calm and healthy.

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## Working Remotely

With more people being asked to work from home, these guides offer tips to managers and employees for adjusting to the change.

MANAGERS

EMPLOYEES



## Staying Healthy at Work

In uncertain times, staying healthy at work can feel like an uphill battle. These materials offer tips to keep you on the job and feeling well.

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