

400 Doansburg Road, Box 719
Brewster, NY 10509-0719

Phone: 845 279 2995
Fax: 845 279 3077



HUMAN RESOURCES UPDATE 3/5/20

The coronavirus, also known as COVID-19, is definitely an issue that is on the minds of many - we've had quite a few questions from Members. It's understandable that people should have concerns with an issue that is generating so much media coverage!

Here at your EAP, we are neither physicians nor health officials but we do understand stress, worry and anxiety, and we've gathered information and resources from reputable health authorities to help address any concerns you may have.

See our post on [Coronavirus prevention and precaution tips](#). We point you to authoritative resources to get up-to-date information and answer your questions. We've also compiled practical prevention hygiene tips and preparedness resources should COVID-19 pose any disruptions to your day-to-day life.

This is a health issue that should be taken seriously and merits sensible recommended precautions, but it's important to keep things in perspective and not to overreact. Health officials say that most of those who contract COVID-19 recover. The people who are at greatest risk are seniors and people with existing health conditions. The seriousness and attention it is getting are because it is highly contagious and effective treatments don't yet exist. In some communities where it is occurring, health authorities are taking measures to contain the spread that may seem unusual, such as imposing limited quarantines. Even though that is for the protection of all, it may be worrisome for many.

As with most issues, the better informed you are, the more prepared you are. Check out our post for [more facts and info](#). Plus, we have more information available when you sign in to www.theEAP.com/TotalCare-EAP.

It can be unsettling and frightening when any public emergency surfaces, whether it is weather or health-related. Remember, we also have counselors and coaches to deal with stress or anxiety.

800.252.4555

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