



Votre programme d'aide aux employés et à la famille (PAEF) est un service confidentiel de soutien pouvant vous aider à entreprendre une démarche pour effectuer un changement.

## **Protecting your well-being during the COVID-19 outbreak**

© 2025 Morneau Shepell ltée. Votre programme ne comprend pas nécessairement tous les services décrits dans ce site. Veuillez consulter la documentation de votre programme pour plus d'information. Pour une assistance immédiate, composez le 1 844 880 9137.



# 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.

[Click here](#) to download a printable version of this infographic.