



Coronavirus (COVID-19): Take care of yourself

As the situation relating to COVID-19 unfolds, including news reports, travel restrictions, and concerns for your own and your loved ones' health – people can experience a wide range of thoughts, feelings and reactions.

It is important that you take care of yourself, and try to stay healthy.



Here are a few ways to stay healthy and informed:

Continue using the general precautions such as washing your hands often with soap and water, coughing or sneezing into your arm or a tissue, avoiding touching your eyes, nose or mouth with unwashed hands, avoiding close contact with people who are sick, and self-monitoring for symptoms.

Eat well, drink lots of fluids, stay active (if well), and try to get enough rest and sleep. A healthy immune system is better equipped to fight a virus. If you have any concerns, consult your health care provider.

Consult credible sources such as [ESDC's OHS iService page](#); [Canada.ca/coronavirus](#); the COVID-19 Information Line at 1-833-784-4397; or by email at phac.info.aspc@canada.ca.

Seek support from [EAP](#) if you or a loved one is struggling or are feeling overwhelmed because of the COVID-19:
1-800-268-7708, or 1-800-567-5803 TTY.

Employee Assistance Program (EAP)

Specialized Organizational Services (SOS)

Peer Support Program (PSP)

ESDC offers the following resources that can help and support you

Manager to Manager (M2M)

LifeSpeak

Hope for Wellness Help Line