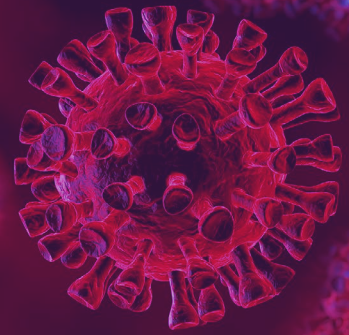


A healthy RESPONSE:

CORONAVIRUS & YOUR COMPANY



 COVID-19 INFORMATION

How to Know If You or a Coworker Needs Help

It's natural to feel frightened or anxious during uncertain times like these. Recognizing distress is the first step in managing it.

Stay vigilant for signs of distress in yourself and coworkers. Talk to your manager or supervisor if you begin to experience or witness these signs:

- Feeling constant worry or fear
- Sleeping or eating too little or too much
- Having difficulty concentrating
- Pulling away from people or things at home, work or in daily life
- Yelling or fighting with family or friends
- Having negative thoughts you can't get out of your head
- Unexplained aches and pains
- Feeling hopeless or helpless
- Thinking of hurting yourself or someone else
- Turning to drugs or alcohol for escape

