



TotalCare EAP – COVID-19 Coronavirus Resource Center

It's normal to feel anxious, frightened, or worried about a public emergency, particularly when it concerns your health and that of your loved ones. It can be stressful to feel out of control, especially when normal routines are disrupted. To deal with stress, increase activities that calm you, such as: Meditating, Exercising, Reading, Watching Movies, Engaging in home hobbies, talking to a loved one on the phone or writing letters.

To help you through these difficult times, TotalCare Employee Assistance Program has put together a COVID-19 Resource Center containing a variety of amazing tools and resources on health, stress, anxiety, family matters, lifestyle changes, and beyond. You can access these resources by logging in to www.theEAP.com/TotalCare-EAP.

Remember, if you are feeling anxious or stressed and need to talk to someone, you have access to counselors 24/7/365 at **(800) 252-4555**.

Key Resources

Articles:

1. 21 Things You Can Do While You're Living Through a Traumatic Experience
2. COVID-19: Developing Self-Reliance And Perseverance Skills At Home
3. COVID-19: Financial Stability and Employment Support
4. COVID-19: Information for Military Personnel & Families
5. COVID-19: Information for Older Adults & Caregivers
6. COVID-19: Support for Employees & Managers Working Remotely
7. COVID-19: Supporting At-Home Children
8. Children and Runny Noses
9. Departments of Health by State
10. Dizziness
11. For Seniors, the Cold Facts
12. Handwashing and Nail Hygiene
13. How To Handle Kids' Stress And Why It Happens
14. How to Survive the Sniffles
15. Key Facts About Clean Hands
16. Pet Owners: What You Need To Know About COVID-19
17. Preventing the Spread of Infection
18. Quarantine and Isolation
19. Resources for Emergency Health Professionals
20. Sneezing: Why a Nose Blows
21. Soothe That Sore Throat
22. Sore Throat
23. Sounding Off About Coughs
24. Teaching Kids to Wash Their Hands
25. Tips for Staying Healthy and Safe at Work
26. Trauma and First Responders: When the Helpers Need Help
26. Wheezing
27. Why We Need to Wash Our Hands
28. Your Immune System's Constant Battle

Handouts:

1. First Responders: Maintaining Operational Capabilities During a Pandemic
2. Handwashing: A Corporate Activity
3. Handwashing: A Family Activity

4. Helpful Information During and After a Traumatic Event
5. How Do People Respond During Traumatic Exposure?
6. Taking Care of Your Behavioral Health During an Infectious Disease Outbreak
7. The 10 Stages of Acute Traumatic Stress Management (ATSM): A Brief Summary
8. Wash Your Hands Fact Sheet: The Basics
9. What You Need to Know About Coronavirus Disease 2019 (COVID-19)

Other:

1. Take the Germs Quiz
2. Areas Eligible for SBA Disaster Loans
3. WHO Coronavirus (COVID-19) Outbreak Page
4. WHO Coronavirus: Myth Busters
5. COVID-19 Webinar – Facts You Need to Know with Dr. Ellen Contente