

EAP CORONAVIRUS (COVID-19) RESOURCES

The worldwide outbreak of *coronavirus disease 2019 (COVID-19)*, caused by the novel coronavirus strain that originated in China, is causing concern for people everywhere. New quarantine and self-isolation guidelines also take some getting used to, and many may be worrying about the long-term effects to both their personal and professional lives as well as society at large.

Residents are encouraged to follow the advice of their local and national governments, public health authorities, and health care providers. The following information is organized into several subsections of further resources. Please follow the links to read more about topics that you may find useful:

- Use our [Online Child Care Provider Locator](#) to find child care in your desired zip code. If your search doesn't have enough results, please contact one of our consultants for a customized search.
- **News and Health Organizations**—[Follow this link to check news outlets and public-health organization websites providing reputable information on the pandemic's current status.](#)
- **Government and State Resources**—[The links on this page direct you to various government websites, including state-by-state resources for parents and caregivers on child care and elder care.](#)
- **Coping with Lockdown**—[This page links to tips on how to keep mentally and physically well while stuck at home, how to stay productive at work \(including if you have children\), and other tips that may be helpful while under quarantine.](#)
- **Online Events**—[This page collects the online seminars organized by your employee assistance program \(EAP\) in response to this pandemic.](#)
- **Articles on Coping**—[This page provides links to articles on this website that offer information and may help you cope with stress during this time.](#)

Disclaimer: This document is intended for general information only. It does not provide the reader with specific direction, advice, or recommendations. You may wish to contact an appropriate professional for questions concerning your particular situation.

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