



# How to cope with a public health concern

An emergency concerning public health can impact our lives and our community. It's normal to feel anxious, unsure and stressed. Know that we're all in this together, and there are resources available to help.

## Tools and resources

While people may be affected in different ways, there are several support resources available to you. Log on to [liveandworkwell.com](https://liveandworkwell.com) with your HealthSafeID™ or company access code to get started and to find tools and resources to help you manage stress during this uncertain time.

### Coping Center

Type the keyword "coping" into the search bar then select Coping. Here, you'll find articles, guides, self-help tools and videos on coping with stress.

### Mindfulness Center

Type the keyword "mindfulness" into the search bar then select Mindfulness Center. Here, you'll find breathing and meditation exercises, guides, videos and tools for practicing mindfulness.

### Resiliency Resources

Learn more about bouncing back after difficult times.



Connect online or by phone  
[liveandworkwell.com](https://liveandworkwell.com)

Use access code: **Sonoma**

**866-248-4096**

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For you and your  
household members

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## Keep in mind

To help protect yourself and your loved ones, follow general prevention practices, which include:

- Wash your hands with soap and water for at least 20 seconds, or use of alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not available.<sup>1</sup>
- Avoid touching your eyes, nose and mouth with unwashed hands.<sup>1</sup>
- Avoid close contact or sharing cups or eating utensils with people who are sick.<sup>1</sup>
- Clean and disinfect frequently touched surfaces.<sup>1</sup>
- Cover your nose and mouth with a tissue when you cough or sneeze, then throw the tissue in the trash.<sup>1</sup>
- Manage stress and allow yourself a break if you feel stressed out, overwhelmed and out of control. Some of the best ways to manage stress are to find support, connect socially and get plenty of sleep.<sup>2</sup>
- Ask your health care provider what exams and screenings you need and when to get them.<sup>2</sup>
- Eat healthy and stay active.<sup>2</sup>

Please refer to your local public health and government information for the most up-to-date guidance.



### Recommended public health resources

U.S. Centers for Disease Control and Prevention (CDC) - [cdc.gov](https://www.cdc.gov)

World Health Organization (WHO) - [who.int](https://www.who.int)

1. <https://www.cdc.gov>

2. <https://www.cdc.gov/healthequity/features/holidayseason/>



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