Here is what you can do to prepare your family in case COVID-19 spreads in your community.

**Find Local Information**
Know where to find local information on COVID-19 and local trends of COVID-19 cases.

**Know the Signs and Symptoms**
Know the signs and symptoms of COVID-19 and what to do if symptomatic:
• Stay home when you are sick
• Call your health care provider’s office in advance of a visit
• Limit movement in the community
• Limit visitors

**Take Steps for Those at Higher Risk**
Know what additional measures those at higher risk and who are vulnerable should take.

**Protect Yourself and Family**
Implement steps to prevent illness (e.g., stay home when sick, handwashing, respiratory etiquette, clean frequently touched surfaces daily).

**Create a Household Plan**
Create a household plan of action in case of illness in the household or disruption of daily activities due to COVID-19 in the community.
• Consider 2-week supply of prescription and over the counter medications, food and other essentials. Know how to get food delivered if possible.
• Establish ways to communicate with others (e.g., family, friends, co-workers).
• Establish plans to telework, what to do about childcare needs, how to adapt to cancellation of events.

**Stay Informed About Emergency Plans**
Know about emergency operations plans for schools/workplaces of household members.

**EAP Support Available**
Your EAP powered by ACI Specialty Benefits offers emotional support resources, work-life referrals, and management consultation to help during difficult times. For personalized support, contact ACI Specialty Benefits at 855.775.4357 or rsl@acieap.com.

Source:

Questions?
Contact ACI Specialty Benefits toll-free at
855-RSL-HELP (855-775-4357)
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