



Coronavirus (COVID-19): Take care of yourself

As the situation relating to COVID-19 unfolds, including news reports, travel restrictions, and concerns for your own and your loved ones' health – people can experience a wide range of thoughts, feelings and reactions.

It is important that you take care of yourself, and try to stay healthy.



Here are a few ways to stay healthy and informed:

Continue using the general precautions such as washing your hands often with soap and water, coughing or sneezing into your arm or a tissue, avoiding touching your eyes, nose or mouth with unwashed hands, avoiding close contact with people who are sick, and self-monitoring for symptoms.

Eat well, drink lots of fluids, stay active (if well), and try to get enough rest and sleep. A healthy immune system is better equipped to fight a virus. If you have any concerns, consult your health care provider.

Consult credible sources such as [ESDC's OHS iService page](#); [Canada.ca/coronavirus](#); the COVID-19 Information Line at 1-833-784-4397; or by email at phac.info.aspc@canada.ca.

Seek support from [EAP](#) if you or a loved one is struggling or are feeling overwhelmed because of the COVID-19: 1-800-268-7708, or 1-800-567-5803 TTY.

