

CORONAVIRUS DISEASE (COVID-19) RETURN TO WORK

As coronavirus restrictions are lifted, many Americans will return to work. Uncertainty and unpredictability may create fear and stress, especially when it's sustained over a long period of time. It's essential to find new ways to work as a team while maintaining your distance from colleagues and preventing the spread of infection.

INFECTION PRECAUTIONS CAN MAKE EVERYONE FEEL SAFER AND LESS ANXIOUS

If you're concerned what measures are in place to keep you safe when in and out of the workplace, be sure to ask!



In the morning make sure your temperature is normal before going to work or entering businesses.



Wear a face mask at work and outside the house.



Maintain a distance of at least 6 feet between you and others while at work and outside the house.



Wipe down your work areas and nearby surfaces with sanitizing wipes or sprays.

FOLLOW RECOMMENDED SAFETY PRECAUTIONS



Wash your hands frequently, keep sanitizing gel for cleansing on the go.



Don't shake hands when interacting at work and socially.



Avoid crowded rooms and places in and out of work.



If a COVID-19 vaccine becomes available, be sure to get it.

Physical and mental health are closely intertwined. While you practice good hygiene and physical distancing in and out of workplace, you should also practice stress-reduction. Use stress-reduction apps, practice mindfulness and self-care that calm your breathing and nerves. Create a plan for you and your family to manage the transition.



Taking five deep, abdominal breaths as you wash your hands for at least 20 seconds can reduce anxiety and even lower your blood pressure.



Healthy habits such as regular exercise, good nutrition and at least seven hours of sleep a night can give your immune system a boost.



Remember ways you've stayed calm in the past. Relax by listening to music, playing an instrument, meditating, reading, or taking a walk outside.



Remind yourself and loved ones that day by day you will get through this and the anxiety that comes along with reopening.



Be present and take life one day at a time and make it the best day possible.

