COVID-19 (Coronavirus) Toolkit

The recent outbreak of COVID-19, which may be commonly known as "coronavirus" or "Wuhan coronavirus," has now been deemed a pandemic by the World Health Organization (WHO), due to the death toll and the spread of the

- fever
- headache
- dry cough
- body aches
- breathing problems

  If you believe you may have symptoms of COVID-19, it's important to make sure that you seek medical attention and follow instructions from your local health authority to ensure that you do not spread the disease.

Learn more about COVID-19

Understanding what COVID-19 is and how you can avoid catching it can be helpful in preventing the spread of the virus.

- [What Is COVID-19? (Coronavirus)](#)
- [Preventive Measures: Best Practices for Handwashing (Infographic)](#)
- [Protecting Yourself Against Coronavirus](#)
- Protecting Older Adults from COVID-19 (

  [COVID-19 Resources](#)

Managers may also find the article [Managing Concerns and Anxieties About Infectious Diseases at Work](#) a useful resource.

If you are self-isolating

Whether you are self-isolating because you have symptoms, may have been exposed to someone with symptoms, or are choosing to stay at home to reduce your risk of exposure, your life will require some major temporary adjustments. These resources can help you maintain your well-being while you're at home.

- [Coping with Loneliness During Self-Isolation](#)
- [How To Be Active and Stay Fit at Home](#)
- [Maintaining Healthy Habits When Life Changes](#)
- [Using Technology to Connect With Friends and Family During the COVID-19 Outbreak](#)

If you are self-isolating, please refer to recommendations from your local healthy authority for more information on the specific measures you should take.

If you are struggling while self-isolating, call the assistance program for support from caring counselors.

Caring for others

From kids' cancelled classes to feelings of isolation due to social distancing or quarantine measures, caring for your friends, family, and loved ones during the COVID-19 outbreak may seem like a challenge. However, there are many ways to create routines, reach out, and stay connected during this difficult time.

- Educational Resources for Parents (   )
- Keeping Your Kids' Education on Track During the COVID-19 Outbreak (   )
- [When You or Your Children Are Upset by News Reports](#)

- Helping Your Community During the COVID-19 Outbreak (   )
- [Using Technology to Connect With Friends and Family During the COVID-19 Outbreak](#)

Work and illness

The COVID-19 outbreak is a good reminder that no matter what communicable disease you have, it's important not to spread it by coming into work when ill. It is a good idea to familiarize yourself with your company's sick leave policy. Read the article [Are You Too Sick to Go to Work?](#) for more information.

If you are working from home due to COVID-19, be sure to check in regularly with your manager and keep an eye out for communications from your company to stay up to date. You should also be mindful of maintaining your well-being. The following resources might help with this:

- [Making Flexibility Work (Infographic)](#)
- [Setting Work-Life Boundaries When You Work from Home](#)
- Using Technology to Stay Connected When Remote Working (