



# Coronavirus Resources

# COVID-19

The spread of the coronavirus COVID-19 has put organizations and employees on alert. This information can help keep employees informed about the coronavirus, as well as offer guidance on how to remain healthy and deal with the emotional impacts of the outbreak. Keep in mind that your GuidanceResources program is available to you and your employees 24 hours a day, seven days a week to assist with virtually any issue.



### Coronavirus Webinars

These trainings can help those dealing with uncertainty amid the COVID-19 outbreak and those navigating the transition to working from home. Click the links below to access the recordings.

[Dealing with Uncertainty](#)

[Working Remotely](#)



### Health and Safety Resources

Download this list for links to public health and safety resources from WHO, the CDC and others across the globe.

[DOWNLOAD](#)



### Navigating Life at Home

Staying healthy and learning to live together during self-isolation are important lessons. This guide offers tips and tools for a productive home life.

[DOWNLOAD](#)



### Resiliency Resources

Stress and anxiety are normal reactions to current events. These materials explain how to keep those emotions in check.

[DOWNLOAD](#)



### Working Remotely

With more people being asked to work from home, these guides offer tips to managers and employees for adjusting to the change.

[MANAGERS](#)

[EMPLOYEES](#)



### COVID-19 FAQs

COVID-19 has disrupted daily life in an unprecedented way. These FAQs can help answer your legal and government assistance questions.

[DOWNLOAD](#)



### Financial Resiliency

With financial markets in turmoil and many people facing income disruptions, it's a good time to make sure that personal finances are on a solid footing.

[DOWNLOAD](#)



### Staying Healthy at Work

In uncertain times, staying healthy at work can feel like an uphill battle. These materials offer tips to keep your workforce feeling well.

[DOWNLOAD](#)



### A Relaxation Break

Offer this interactive experience to employees who are feeling stressed about recent events.

[WATCH](#)