

Quarantine Tips

The recent spread of the COVID-19 virus has many people concerned about either a voluntary or mandatory quarantine. Here are some things you can do to prepare:

- ▶ **Stock up.** Evaluate your emergency supplies and replace anything that's out-of-date. Make certain you have enough non-perishable food in your house to last for up to two weeks. Purchase longer-lasting fresh foods, such as apples, or chop and freeze fresh vegetables for later use. Refill prescriptions as soon as you are able to ensure you don't run out, and make sure you have enough pet food and medications on hand.
- ▶ **Evaluate your work situation.** If working from home is an option, consider what tasks are easiest to do remotely. Bring your laptop or portable drive home with you every day, or keep projects on remote servers current. (Always follow proper workplace procedures related to transporting or accessing files.)
- ▶ **Rearrange appointments.** If you are maintaining a voluntary quarantine, use your best judgment on whether to reschedule appointments. If mandatory, reschedule for after the quarantine is expected to lift.
- ▶ **Plan projects.** Make a list of projects that need to be done around your house. If time and budget allows, stock up on supplies before the quarantine



starts. If this isn't an option, then do what you can with what you have. Useful projects include cleaning closets or garages, reviewing your budget and finances, or reorganizing storage space.

- ▶ **Set goals.** This is a good time to consider and reevaluate your short, medium, and long-term goals. After you've chosen what projects you want to pursue, hop online and do some research.
- ▶ **Relax.** Treat your quarantine like a "staycation." Catch up on your reading list or streaming queue, play board games with your kids, or video chat with friends and family.

Some people may struggle with the isolation of being in quarantine or find it stressful. If you are feeling depressed, anxious, or lonely, LifeMatters can help. Call 24/7/365.

Call **LifeMatters®** by Empathia toll-free anytime. **1-800-367-7474**

Assistance with Life, Work, Family, and Wellbeing • 24/7/365

Call collect to **262-574-2509** if outside of North America

Visit **LifeMatters®** online at **mylifematters.com**

 [facebook.com/lifematterseap](https://www.facebook.com/lifematterseap)

Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.

