

Pandemics are stressful

**What is going to happen?
How long with this last?
Can I get sick? What about my family?
Working from home is isolating!
Working with a mask on is stifling.
What will my colleagues think if I am
quarantined?**



Pandemics are stressful



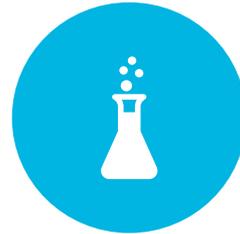
Self-care is critical, and your mental health is just as important as your physical health



Talk with your supervisor about what you need



Supervisors – be sure to connect with everyone, every day!



Utilize resources provided by the lab

[Virtual care package](#)
[Employee/User Assistance Program](#)
[COVID-19 Info for Employees](#)