

A Guide to SOCIAL DISTANCING

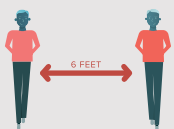
WHAT TO DO



Wash your hands frequently for at least 20 seconds.



Wipe down frequently touched surfaces.



Try and maintain a distance of at least 6ft from non-family members.



Limit your interactions with those who are at a higher risk.

WHAT TO AVOID



Avoid touching your face.



Avoid going to the grocery store during peak hours



Avoid groups of 10 or more people



If you feel unwell, do not go out

TAKING CARE OF YOUR HEALTH



Use mail order pharmacy for prescriptions when possible.



Take advantage of Employee Assistance Programs (EAP) that your employer may offer, if you are feeling anxious and need someone to talk to.



Take advantage of Telehealth services whenever possible.

About Aldrich Benefits

We assist employers with employee benefit consulting including medical, dental, group life, and disability insurance for their employees and executive benefits for high level and key employees. Our services include plan design, implementation, and annual review of benefits. Aldrich Benefits LP is known as Aldrich Insurance Solutions LP in California.