

DON'T LET UP ON COVID-19 PRECAUTIONS



We've been living with the Coronavirus for months, and the spread of COVID-19 is still going strong around the U.S. and the world. As the pandemic wears on, it's understandable that most people are getting tired of taking precautions, such as wearing masks and physical distancing. However, the pandemic isn't going away in the near future and we must continue to take precautions. We're entering the riskiest



months of the year averaging more than 40,000 new cases per day in the U.S. Experts warn that we could have a fall surge with increasing cases – and with the start of flu season, the possibility of a “twindemic.” It's up to us what happens next. Continuing to stay vigilant by wearing masks, social distancing and getting a flu shot can help you decrease your risk of getting really sick and spreading viruses to others. COVID-19 has taken an emotional, physical, social, and financial toll on everyone. If you're having trouble coping, reach out to the EAP to talk with one of our professional counselors. It's free and confidential: **Fully Effective Employees**, 425-454-3003, 800-648-5834, www.fee-eap.com, Login: r999, Password: feeepap

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