



COVID-19: Keeping you informed

As the COVID-19 crisis continues, your health and well-being remains our primary concern. We are deeply committed to helping you and your family stay informed on ways to protect yourself physically and emotionally during this challenging time.

One way we are doing this is by continuing to provide important and updated information:

Protect yourself against cyber scams

Being home during the COVID-19 crisis means you're likely going online more, and using email and social media to stay in touch with family and friends. In some cases, cyber scammers are taking advantage of the increase in online activity. We have [helpful tips](#) to protect yourself while staying connected.

Face mask basics

To help protect you and your loved ones from spreading COVID-19 or contracting it, we are sharing the latest guidelines from the Centers for Disease Control and Prevention (CDC) on [face masks](#). This includes when to wear them, how to care for and clean them, and how to make your own.

Why social distancing is so important

Staying apart from one another to "flatten the curve" is vital during this time. It can make a profound difference in the health care system's ability to treat patients who need it most without overwhelming resources. This will ensure everyone has the best chance to get timely care. Find out how you can [socially distance yourself](#) to do your part.

Managing anxiety during COVID-19

There are steps you can take to [manage stress and anxiety](#) resulting from the COVID-19 crisis. Additionally, you can find added mental health and emotional support by reaching out to resources available to you.

Monitoring your media intake

It's normal to want to know as much as you can about COVID-19 to protect yourself and your family, but too much media can affect your peace of mind. To support you, we have [recommendations and tips](#) on ways to stay informed without being overcome by the wave of media that comes with a crisis.

Visit our [COVID-19 web page](#) for more information, guidance and support.

Our priority remains your health and well-being so you can focus on taking care of yourself and your loved ones during this uncertain time. We'll continue to monitor COVID-19 and keep you informed of any valuable information and helpful resources. You can take comfort that we are here for you.