



COVID-19 COVID Fatigue

The Next Three Seconds Protects Your Life, Your Loved Ones, Your Livelihood®

The N3L3 philosophy:
our approach to protecting workers from fatal and life-changing events.

Eastern Alliance is here to help. To learn more about Eastern's N3L3 program and access other safety resources, sign in and visit the Safety Tools on www.easternalliance.com, or contact your Risk Management Consultant for assistance

1.855.533.3444

We must remind ourselves to protect our lives and the lives of others. It is important to continue with day-to-day operations and also keep worker and family safety a priority. We risk an increase in cases, as well as repeated lockdowns and further shutdowns of local businesses and schools if we do not follow guidelines. Let us all strive to continue to be better together and let those changes start in you. **Practice the 3 W's – Wear your mask, Watch your distance and Wash your hands.**

How to Avoid Quarantine Fatigue

Below you will find a few suggestions to aid in working through quarantine fatigue to stay vigilant in protecting your employees and loved ones.

- Staying informed with trusted and reliable resources, such as local health official mandates and the Centers for Disease Control and Prevention (CDC) website.
- Take care of yourself and educate your employees on the importance of eating a nutritionally balanced diet, exercise, and to get appropriate amounts of sleep and practice self-care.
- Hold each other accountable in maintaining precautions to avoid catching or spreading the disease.
- Practice the 3 W's – Wear the mask, Wash your hands, and Watch your distance.

It is important to remember that COVID-19 is still spreading, and everything that we do at the individual level affects our communities as a whole.