

# How Can Your Success Coach Help You Remotely?

## Get What You Need to Succeed.

When you succeed - your company succeeds!



Your company provides an ERN<sup>®</sup> Success Coach for free and confidential assistance with any home or work challenge.



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### Available remotely to meet your needs.

- Are you working at your company's location?
- Are you working at home temporarily?
- Are you laid off from your company?
- Are you overwhelmed with your current situation?
- Would connecting with a resource expert help ease your mind?

### Get financial help for you and your family.

- Housing
- Food
- Transportation
- Childcare
- Medical treatment
- Recovery services
- Counseling referral
- Legal assistance

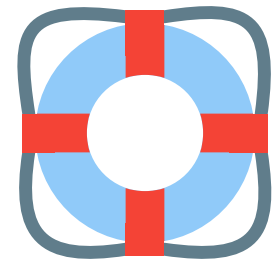
#### Application assistance:

- **Healthcare**
- **Health and Human Service funds**
- **Community resources**
- **Unemployment benefits**
- **Emergency relief**



### Access resources when you need it most.

- Need help figuring out how to budget your stimulus check?
- Are you eligible to receive special funds and services?
- Do you need assistance in applying for unemployment?
- Is it difficult for you to navigate online government resources?



**Come out of any challenge a winner!**

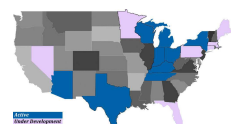
**Contact your Success Coach today!**

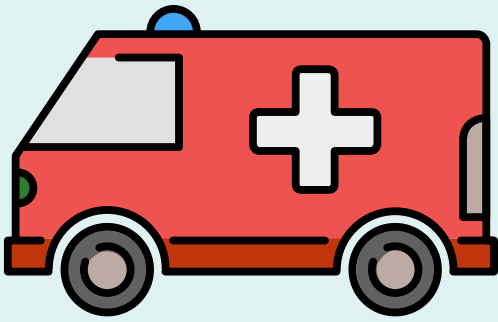


Learn more: [ern-mi.com](http://ern-mi.com)



Join the Network: [ern-usa.com](http://ern-usa.com)

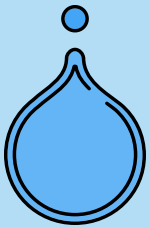




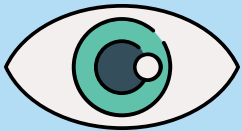
# How to Prevent Catching & Spreading **Coronavirus**

Follow these tips to prevent yourself from catching coronavirus, or from potentially spreading the virus to others.

## How to Prevent Catching The Virus



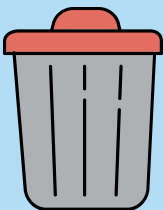
Wash your hands often, for at least 20 seconds, use hand sanitizer when washing is unavailable.



Avoid touching your eyes and mouth with unwashed hands.



Avoid close contact with people who are sick; follow social distancing guidelines.

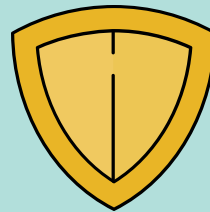


Cover your coughs and sneezes with a tissue and throw out the tissue.

## How to Prevent Spreading the Virus



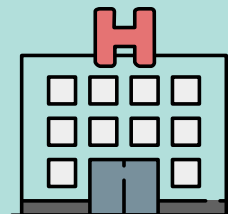
Disinfect surfaces that you touch. Wash your hands often, for at least 20 seconds.



Avoid close contact with other people; wear a facemask to cover your coughs and sneezes.



Stay at home while you are sick; quarantine yourself to a different room.



Monitor your symptoms and seek medical attention if your symptoms worsen.